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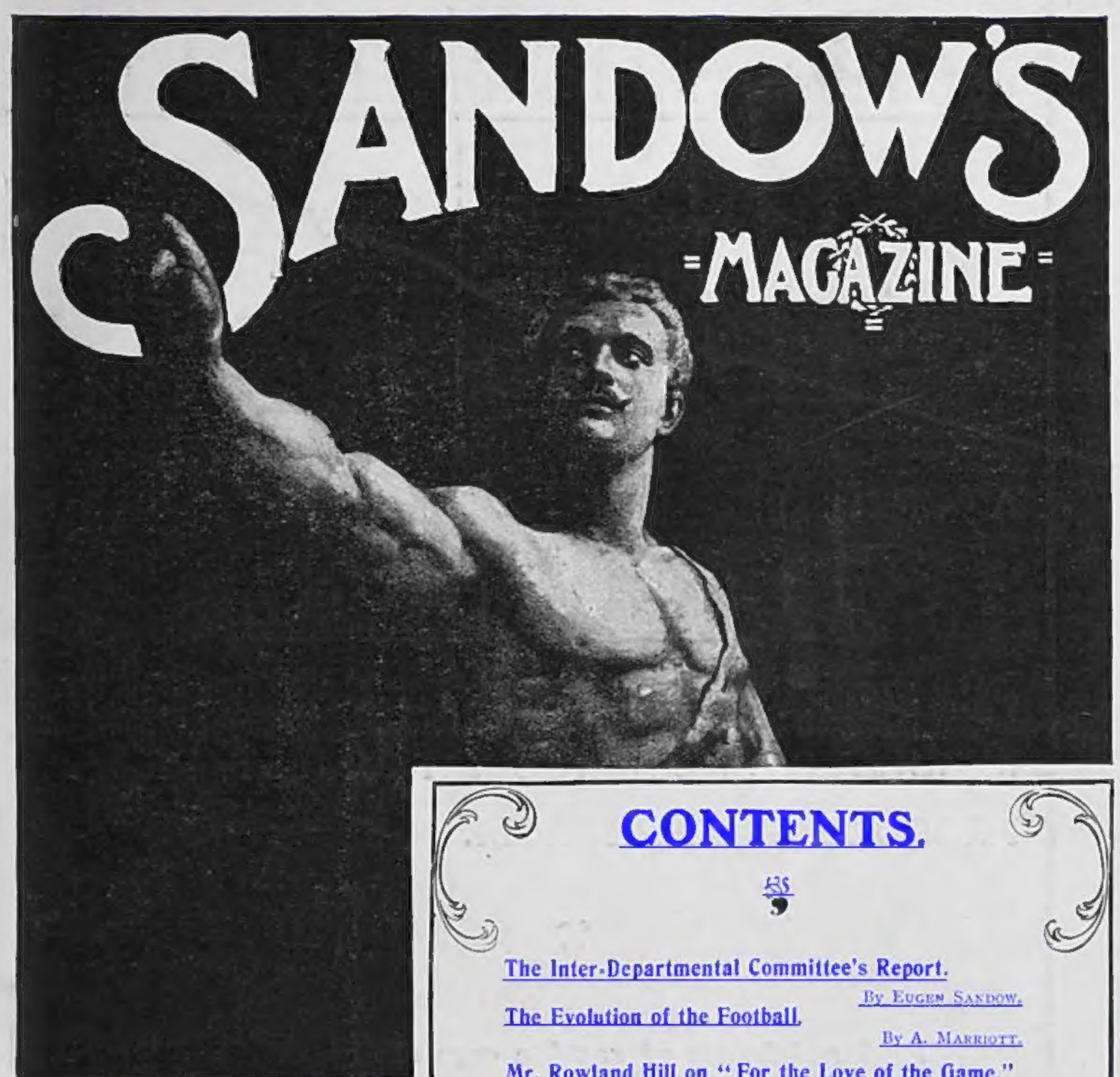

CONTENTS.

The Inter-Departmental Committee's Report.
By Eugen Sandow.

The Evolution of the Football.
By A. Marriott.

Mr. Rowland Hill on "For the Love of the Game."

A Motor Spin through Holland.
By "C"

First Aid in Football Injuries.
By T. J. Pryce Jenkins, M.R.C.S., L.R.C.P.

O'er Hill and Dale. (Some Cycling Jaunts.)
By M. A. Hughes.

A Clever Military Cyclist.
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Civilization and Physical Culture.
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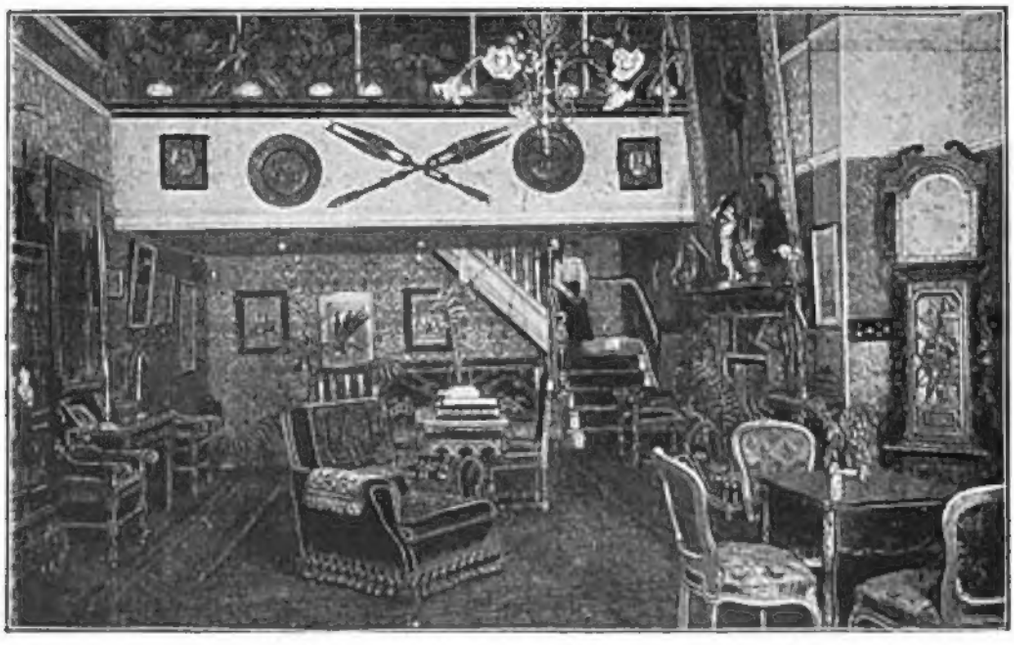

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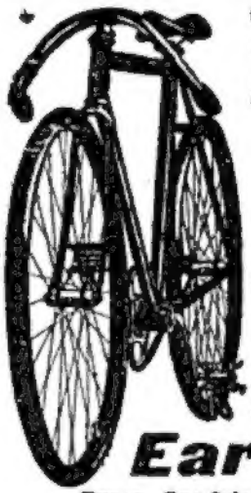

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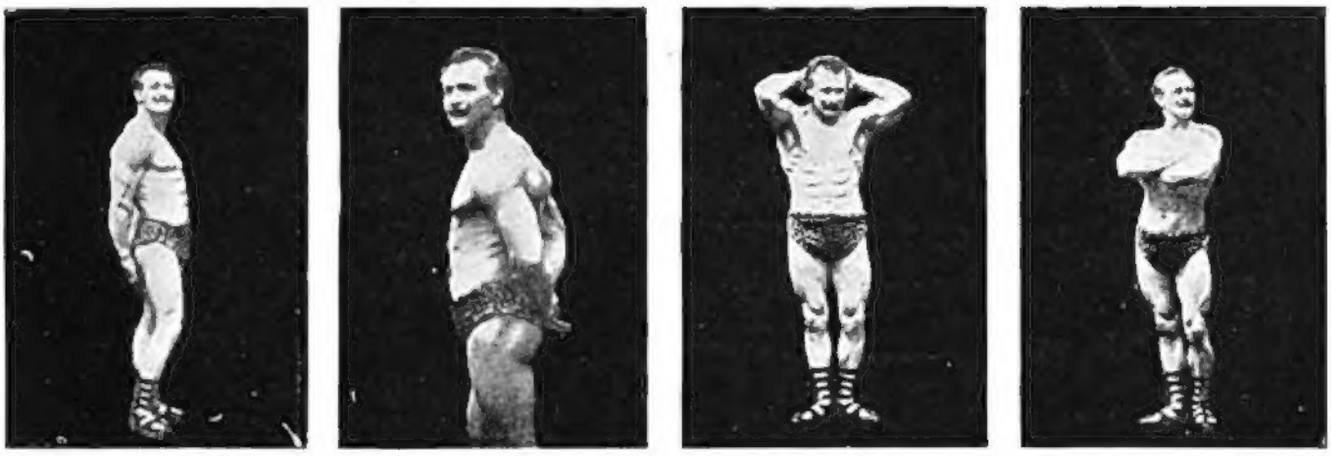

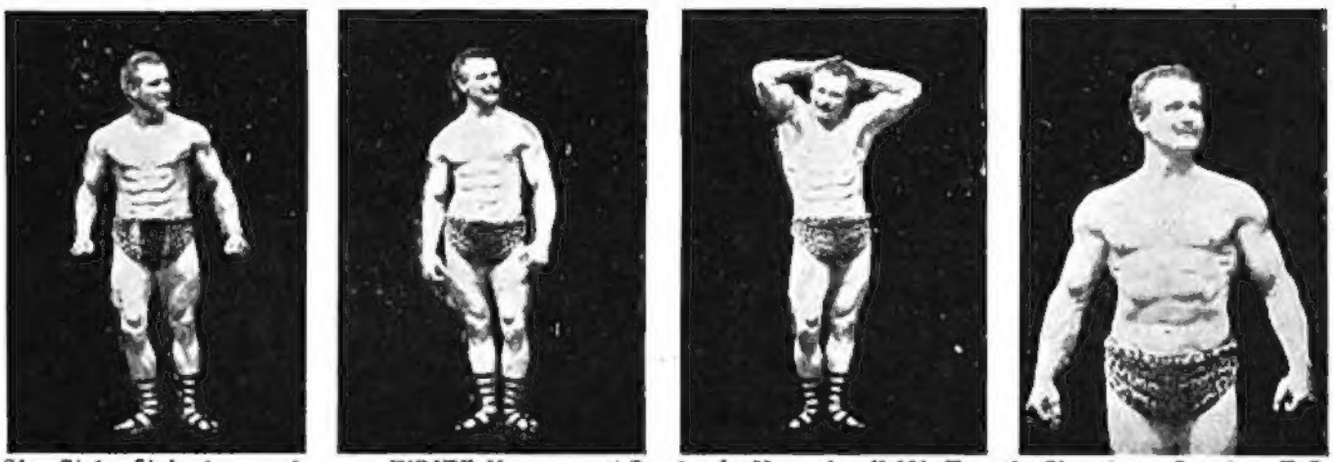

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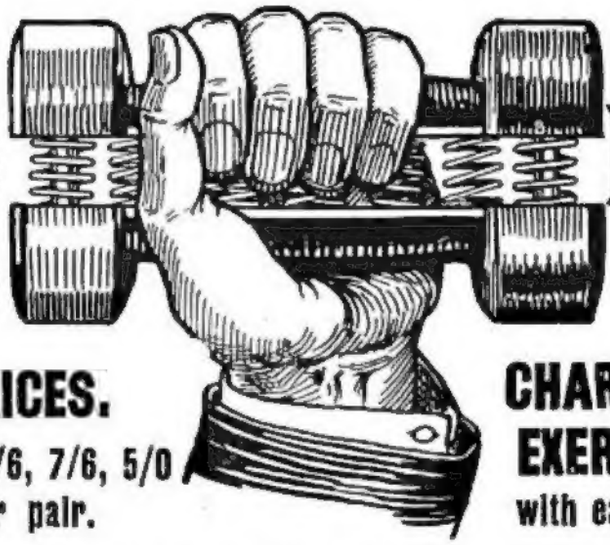

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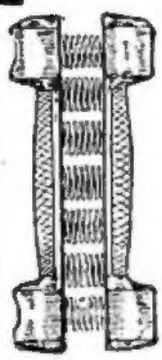

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THE MAN BEAUTIFUL.

BEAUTY has so long been considered an attribute exclusively pertaining to women, that the mere man may ask himself why among us moderns the Greek ideal is not as much in force as regards his own sex as it is with regard to the so-called fair sex. It has been argued, and with much show of reason, by philosophers, that man is inherently as beautiful as woman, both in form and face, the difference being one of kind, not degree. Owing to the stress of modern life, however, men have come to neglect their personal appearance, but this is a great mistake, not only from a social, but also from a business point of view, for first impressions are often the most important, and it is just as necessary for a man to give the best possible first impression by his personal appearance as it is for him to be neatly and fashionably dressed. These remarks apply more especially to defects of the face, which may either be absolutely repulsive, or at any rate give an unfavourable first impression. For example, redness of the nose, which may arise from quite a variety of causes having to do with the general health, is always put down by the unkind as an attribute of the tippler. Eyebrows which meet across the forehead give an exceedingly disagreeable impression, and are thought to be a sign of ill-temper. An ugly mole may mar even the most handsome face, and a birthmark is a hindrance to a man as well as a woman in the matrimonial market as well as socially, for people do not like to receive among their guests anyone who is repulsively disfigured, and I know of at least one man who shot himself because he could not bear to go about with a face one side of which was almost covered by a large port-wine stain.

Medical men are apt not to pay sufficient attention to mere matters of the personal appearance, which do not affect the health of the individual, and it has been left for a lady to take up a branch of science which has too long been neglected. This lady is extremely well known to the reading public as a high authority on health and beauty, and the clever editress of two very popular magazines, *Womanhood*: the magazine of woman's progress and interests, and *Baby: The Mother's Magazine*, a guide to the health and education of children. Mrs. Ballin has been in practice for upwards of twelve years, during which time she has cured over ten thousand cases of superfluous hair, redness of the nose, vein marks, moles, birthmarks, and other disfigurements in both sexes, and it is now becoming known that she devotes special care to gentlemen patients, so many of her lady patients having asked her to treat their husbands or sons. She treats men only for defects of the hair, face, and hands, such for example, as baldness, greyness, ill-shaped eyebrows, hair growing too high on the cheeks, acne, redness of the nose, moles, warts, and birthmarks.

Mrs. Ballin is particularly successful in severe cases of that birthmark known as port-wine stain, and in a recent interview she mentioned the case of an M.D. of the London University who, owing to a terrible disfigurement of this kind, was unable to get any but a poor practice in a poor neighbourhood. Mrs. Ballin entirely removed the mark, and he has now bought a West End practice in London and is doing remarkably well. In another case, a schoolmaster was nearly driven mad by the fact that he had a large mole on the tip of his nose, which afforded considerable amusement to his boys. After the mole was removed by this lady he became a happier man and able to obtain a better position. An amusing case treated by Mrs. Ballin was that of a gentleman who had very thick bushy eyebrows, and was extremely sensitive about them. Before proposing to the lady of his heart, he confided his trouble to Mrs. Ballin's sympathetic ears, and got his eyebrows re-modelled on a more approved plan. In another case a gentleman had a very ugly moustache, but having suicidal tendencies, was not permitted to use a razor. He was brought to Mrs. Ballin by his attendant, and the moustache removed by electrolysis, very much to the unfortunate man's satisfaction.

The majority of Mrs. Ballin's gentlemen patients, however, come to her for redness of the nose, and this she is able to treat most satisfactorily, partly by electrolysis, partly by dieting and by suitable local applications. An interesting case was that of a temperance lecturer, much hampered in his work by the knowledge that the persons he was addressing probably thought him a secret tippler; while another successful case was that of quite a young man who had been suffering from red nose, originally arising after an attack of scarlet fever. Being wealthy he had consulted almost every well known skin doctor in Paris and London, but was eventually cured by Mrs. Ballin after only twelve sittings.

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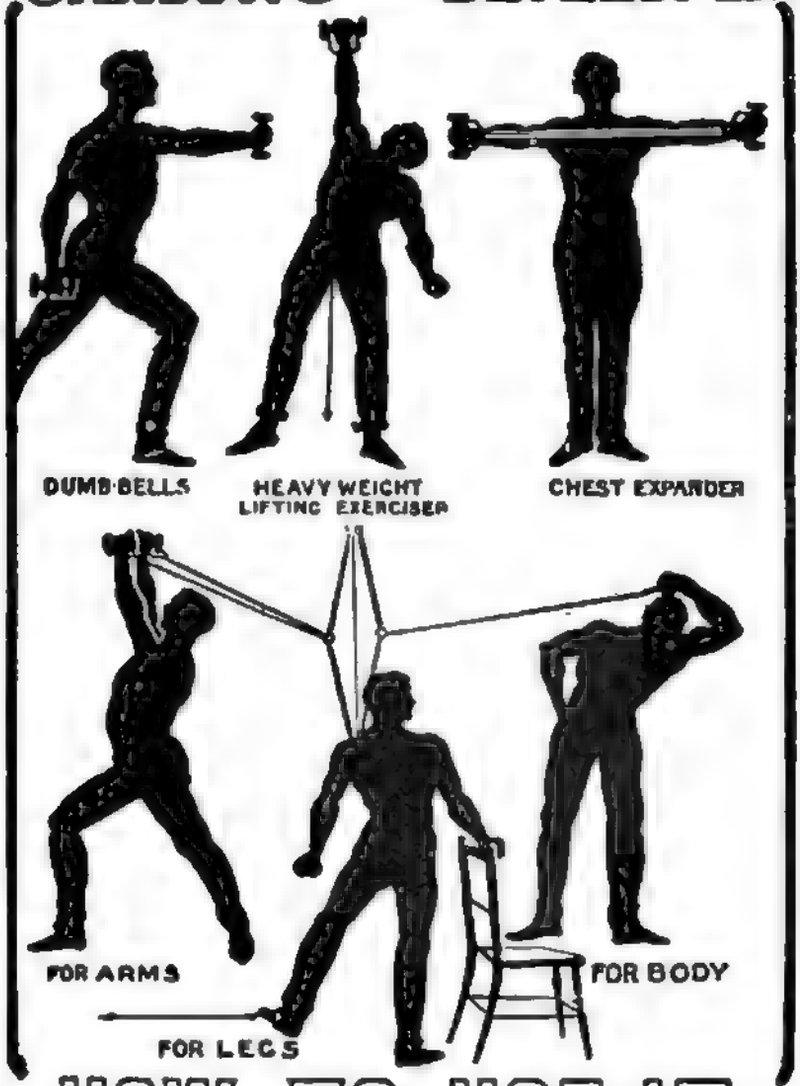

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CONTENTS FOR SEPTEMBER, 1904.

	Page.
IN A DREAM — G. Michel. Frontispiece.	
PHYSICAL DETERIORATION — Eugen Sandow	147
THE EVOLUTION OF THE FOOTBALL. *Illustrated.* — A. Marriott	150
CIVILIZATION AND PHYSICAL CULTURE — Howard H. Hely, B.A.	153
A MOTOR SPIN THROUGH HOLLAND. *Illustrated.* — "C."	157
THE NATION AND ITS GAMES	162
FIRST AID IN FOOTBALL INJURIES. *Illustrated.* — T. J. Pryce Jenkins, M.R.C.S. Eng., L.R.C.P. Lond.	164
"FOR THE LOVE OF THE GAME." Some opinions of Mr. G. Rowland Hill	170
HOLIDAY EXERCISE	172
A CLEVER MILITARY CYCLIST. *Illustrated.* — S. H. Morton	173
SPORTING PATENTS	174
O'ER HILL AND DALE—PLEASANT CYCLING JAUNTS—III. *Illustrated.* — M. A. Hughes	177
THE PREMIER AND PHYSIQUE	186
A FEW PHYSIOLOGICAL THOUGHTS CONCERNING PROLONGED SWIMMING — M.D.	189
THE JAP AS JUGGLER. With Photos by Campbell & Gray.	192
DEER STALKING.	196
THE ALL-ROUND ATHLETE — A Sportsman	199
OUR LADIES' PAGES	202
NOTES OF THE MONTH. *Illustrated.*	204
HINTS FROM SANDOW	221

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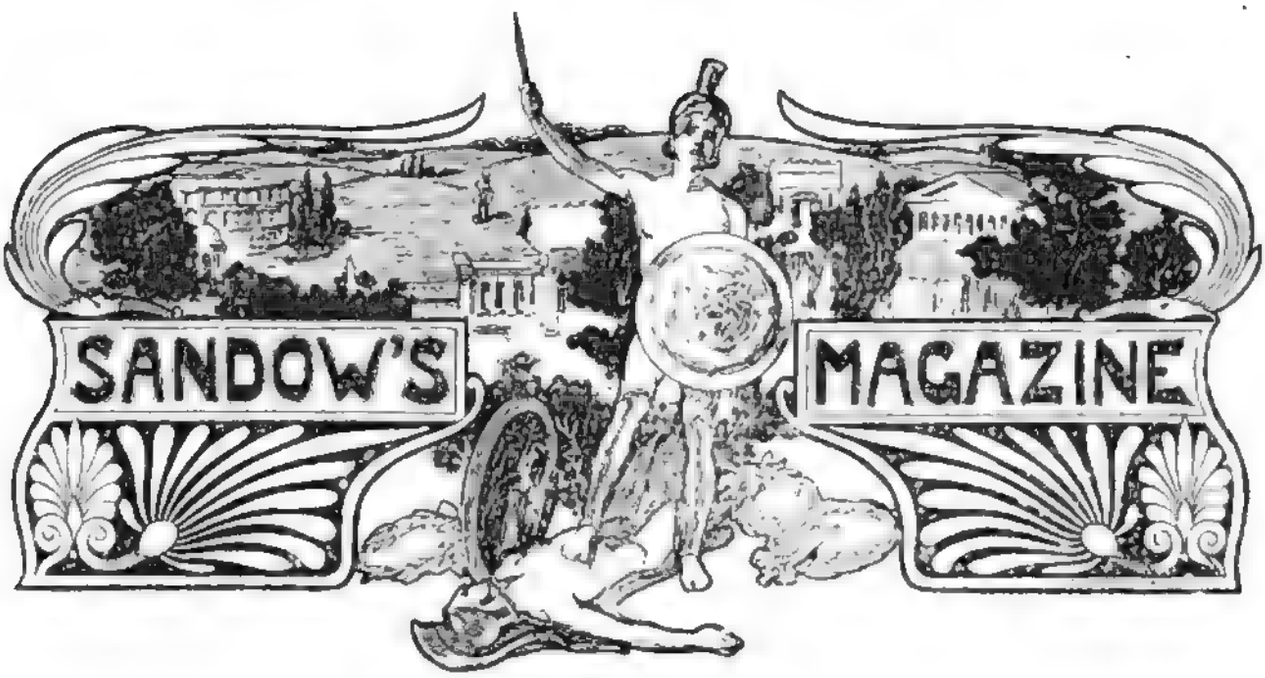
"MILKING TIME."

(*See* " A Motor Spin through Holland.")

IN A DREAM. (*G. Michel.*)



OF

PHYSICAL CULTURE, SPORT, AND FICTION.

VOL. XIII. *SEPTEMBER*, 1904. No. 75.

Physical Deterioration.

INTER-DEPARTMENTAL COMMITTEE'S REPORT.

RARELY, I am glad to say, has it been my lot to read such a mass of contradictions as those contained in the recently issued report of the Inter-Departmental Committee on Physical Deterioration. First of all they tell us there is no such thing as deterioration, then that there is; again, that there are no reliable data upon which to establish the fact either way, and then they proceed apparently to take it for granted that there must be some such deterioration by setting forth some fifty or more suggested means of bringing about an improvement in the national physique. With these recommendations, however, I have little to find fault, for they are in every way excellent, and, providing the suggestions therein contained are adopted and faithfully carried out, they should indeed prove "a boon and a blessing to men." But of these more anon. At present I wish to deal with the methods adopted by the Committee, whereby the good, confiding British public is hoodwinked into a feeling of security; John Bull is encouraged to lie back in his chair and say, "Thank goodness, these alarmist views are entirely wrong. I am perfectly secure—there is no need to worry." My argument is this:

If there is no deterioration, then why go to such a length to counteract what does not exist? And again, if some such deterioration does exist amongst certain classes of the community, why lay down regulations for any other section of the population?

We all know that the investigation of the matter was the outcome of some striking figures as to the rejection of recruits for the Army on the ground of physical debility. These figures are absolutely unassailable, despite the fact that these tables showed a remarkable falling off in the physique of the classes from which our recruits are drawn, and, again, many valuable statistics were adduced by the recent Scottish Commission, yet the Committee state that, "in their efforts to obtain information of a statistical or tabulated character which might form the basis of a comparative survey of the health and physique of the population, the Committee were not very successful. As a matter of fact, no such information on a comprehensive or systematic scale exists." And this in the face of the facts adduced by the Scottish Commission! I was extremely surprised to find Sir W. Taylor, the Director-General of the Army Medical Service, belittling the statement made by the Inspector-General of Recruiting, when that officer in his report speaks of the gradual deterioration of the physique of the classes from which recruits are principally taken, and also that Professor Cunningham should have considered such figures as unreliable evidence from the fact that the class from which recruits were taken varied with the conditions of the labour market. He said, "When trade is good and employment plentiful, it is only from the lowest stratum of the people that the Army receives its supply of men; when, on the other hand, trade is bad, a better class of recruit is available." Surely this very reason should supply the means of arriving at a conclusion, for if, as is stated, these rejections are the same now as in the past, there must be more than one class of the community affected.

The evidence of General Borrett does not provide very pleasant reading, and I think some of his expressions of opinion might well have been left unsaid, for he is reported to have described the recruits as very largely "rubbish." If that be so, it does not say much for the inducements of a good class of recruit, and is apt to create a bad impression on the Army generally. One of the most important and interesting parts of this portion of the Committee's report is that dealing with Professor Cunningham's scheme for an anthropometrical survey, the more so because it bears out what I have long advocated and always adopted in connection with my scheme of physical culture.

Part 2 of the Committee's report deals with what is supposed not to exist, viz., "to consider the causes and conditions of such physical degeneration as is *no doubt present in considerable classes of the community*" (the italics are mine), and here, although they start by stating that the impressions gathered from the great majority of the witnesses examined do not support the belief that there is any general progressive physical deterioration, yet from beginning to end the evidence of the various witnesses sets out the cause and effect, which must therefore prove its existence.

We now come to that part of the report with which, as I have mentioned above, little fault can be found, for it contains the recommendations of the Committee. These are very numerous, numbering as they do fifty-three clauses, but all have in them the desired aim, and whilst many may involve considerable legislative action, it is to be hoped that they will soon pass the existing chrysalis stage, and blossom forth as the actual means whereby the deterioration, which I still maintain is apparent, may be arrested and eventually eliminated. It is, of course, that portion of the recommendations which deals with the question of physical culture as a means to the end that appeals more closely to me, and it is indeed gratifying to find, in the first reference to games and exercises for

school children, the announcement, that in the opinion of the Committee, "no scheme of games alone can ever be made general enough to supply the place of methodical physical training," which I have always maintained should be a compulsory part of the school curriculum. I do not agree with the suggestion that local authorities should provide and maintain gymnastic apparatus in open spaces; and the idea that "every effort should also be made to put such apparatus to the best possible use by placing it in charge of a competent instructor" is rather too Utopian. Imagine, if you can, a single instructor endeavouring to control the actions of a horde of youngsters let loose on an open space and preventing them attempting things far beyond their powers! The suggestion that lads should be made to attend evening continuation classes in which physical exercises should take a prominent place is one to be heartily commended. It is also gratifying to find that that curse to the community, juvenile smoking, is to be rigorously put down, and that already the recommendations of the Committee have been adopted and a Bill for its suppression introduced into Parliament.

In conclusion, I should like to mention that it is not a little singular that I should have to complain of precisely the same failure by two committees, which, if my memory serves me right, are identical in constitution. I refer to the one at present under notice and the Committee appointed to consider the question of Physical Education, which I referred to in the July issue. Then I pointed out that the Committee had failed to carry out its promises contained in the preliminary statements of the report, and the only difference in the present instance is that the boot is on the other foot, for the Committee have recommended means to remedy what they consider does not exist.

The Evolution of the Football.

By A. MARRIOTT.

Photos by Campbell and Gray.

HOW to play football! Well, first of all, you must get your football, for without the means the game becomes as naught. It is not my intention here to dilate upon the ancient, or, for the matter of that, the modern history of the game, but merely to give a few particulars of the manufacture of the chief implement in the great winter pastime which, as soon as these lines appear in print, will have commenced to oust cricket from the field. It need only be mentioned here in connection with the ancient game of football that the sphere in use in days gone by was of a vastly more primitive character than that which obtains now; for, as in everything else in the sporting world, the manufacture of the football, for which there is such a great demand, has been improved in modern times out of all knowledge, and the article to-day is turned out as near perfection as possible.

Few are aware of the amount of care which it is necessary to exercise in order to turn out a first-class article, but if my readers will endeavour to follow me through the workrooms of one of our greatest manufacturers of the article, he will find, I think, plenty to interest him.

CUTTING THE SECTIONS.

You must understand that a good football is even more difficult to turn out than a good engine. I see some smile incredulously, but it is nevertheless a fact, for whilst I believe an engine has been turned out from the workshops in less than twelve hours, a year

or two must pass before a football can be pronounced as "A1 at Lloyd's." There is an old saying that there is nothing like

HAMMERING SEAMS.

leather, and it is this very fact which substantiates the statement I have just made, for upon the quality of the leather everything depends, and therefore proper seasoning is the first consideration, and a year or more in the curing pits is not any too much. Strange,

FINISHING OFF COVER.

is it not, that so much care and trouble should be expended on an article which is made only to be kicked to pieces?

The skin used is cowhide, and having served its probation in the tan pits it is brought out and subjected to a course of splitting. This is necessary owing to the weight of the hides, which being 7 to 8 feet long by 6 feet 6 inches to 7 feet wide, weigh from 25 lbs. to 30 lbs. each. This is too much for the regulation limit, so the skin is divided into two parts. The upper split, or the hair side, is that which is employed in the making of the football, as it is computed to contain at least three-quarters of the strength of the hide—a very necessary qualification when one considers the harsh treatment it has to undergo. After splitting the hide is

STITCHING THE SECTIONS.

immersed in a chemical preparation for the purpose of removing all the impurities, and then the real process of football manufacture commences. Having been pulled, or "sleeked" out, as it is termed, the uneven parts of the skin are shaved down, so that it may be of uniform thickness throughout, this being done whilst the skin is still pliable, as this prevents the possibility of the skin stretching subsequently, a sure bar to the success of football manufacture.

Having recovered somewhat from its long immersion in the tan pit, the hide is next given a meal in the shape of a liberal supply of dubbin, which it consumes greedily, and

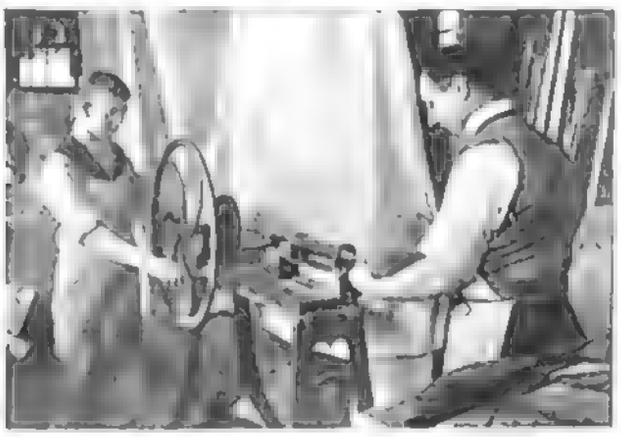
when this is digested it is hung up to dry preparatory to the next stage.

This consists of the cutting out. As everyone knows, there are two shapes of footballs; one round, the other oblong, for Association and Rugby rules respectively. To obtain these shapes different patterns are of course necessary, and the cutting has to be very carefully done or the desired result is impossible. The cutter, armed with a short, sharp knife, places the tin pattern of each section on the leather, and with that rapidity which is only acquired by long practice, turns out each section from the tough leather with consummate ease.

From the cutter the sections are transferred to the stitcher, who has to do all his best work by hand in order to produce the best class of article. Of course, the sewing machine enters largely into the manufacture of the football, but this is only in the cheaper class of goods.

Having been securely sewn together, the sections are now ready for the insertion of the bladder, which should be made of the finest Para rubber. This is very expensive, but at the same time very necessary, for the bladder must be possessed of great strength in order to withstand its future treatment. The bladder is fitted with a nozzle through which air is injected by means of a hand pump. Having been inserted through the unlaced slit the bladder is blown out and the ball is then handed to the man responsible for the correct shape of the sphere, and who obliterates any unevenness in the seams This having been done and the name, &c., stamped upon the outer cover, the slit is properly laced up and the ball is ready for Aston Villa or Cardiff, as the case may be, or for any of the smaller fry, who will soon be treating with scant courtesy this most carefully manufactured of athletic implements.

Improvements are constantly being made by many firms who manufacture the football, and this season brings with it one new patent by Messrs. Gamage, of Holborn; one by Messrs. Spalding Bros., of Fetter Lane. The latter claims the advantage of having the lace flush with the ball, beside which it is easier to do up; whilst the former, through being made in many pieces and put together reverse ways, cannot possibly get out of shape.



PUMPING IN AIR.

Civilisation and Physical Culture.

By HOWARD H. HELY, B.A.

WHEN the important place our bodies hold in the economy of nature is fully realised, it will be acknowledged that physical culture is not merely an affair of the gymnasium or the bedroom; that, on the contrary, its precepts have a very direct influence on society at large. Indeed, if this were not so, if the concern of physical culture began and ended with the gymnasium, it certainly could only lay claim to a limited interest; but it is because its sphere of influence is so wide-reaching that physical culture is slowly and surely winning a place in the regard of serious men and women. It follows from this that it is not enough to provide suitable means for improving the efficiency and general appearance of the body; the public must be educated, otherwise they will fail to sufficiently avail themselves of the opportunities offered. Although there is a gratifying increase in the interest taken in physical culture subjects, there still remains a considerable amount of general apathy, and that too among persons who take an intelligent interest in other important questions of the day. All attempts at social improvement, however, have at the outset to combat a certain amount of inertia; and I feel confident that, when once this has been overcome through the diffusion of knowledge on the subject, physical culture will advance by leaps and bounds. Granting, then, the truth of the above remarks, an examination of civilisation in the light of physical culture should be of some interest to the readers of SANDOW'S MAGAZINE.

When the writings of ethnologists are consulted, we find that they divide the progress of humanity into three stages: the hunting, the pastoral, and the agricultural. To these well-defined divisions I venture to add a fourth—the age of cities, or, as the word itself indicates, of civilisation. At the outset the physical culturist will notice a distinction between this stage and the three which preceded it; while the latter were natural the former was not. So long as he hunted and snared wild animals, tamed them for his use, or made the fertile land contribute to his sustenance, man lived his life under the régime of Nature; but with the advent of the city this ceased to be the rule as regards a part of humanity. If we study nature we get no hint that man was to rear large cities for which he would abandon the simple life of the plains and woods; cities on the contrary are the impress of the mind of man upon nature. Keeping in view the fact then, that man is a creature of a complex nature, with a mind and soul as well as a body, it would seem to be futile to declaim against what seems to have been a necessary instrument in his progress.

The agency of cities in the historical development of man is borne out by the evidence of language itself. The Latin for a city, "civitas," gives us civilisation; civil, from the same root, indicates the polished manners of the citizen; the inhabitant of the town, "urbs," became noted for his urbanity. In a similar manner the Greek for city, "polis," gives us politeness; the manners of the rustic betrayed his origin from "rus," the country; while the word "pagan" shows that the inhabitants of the country were the last to accept Christianity—pagan

being derived from the Latin word "paganus," a countryman.

It seemed necessary thus briefly to state the case for civilisation and to show how inevitable it is, as some physical culturists may, in the ardour of their new-born convictions, feel inclined to rebel against existing conditions so far as to express a fervent wish that cities had never existed, and to record their opinion that the life of the "noble savage" is preferable to that of those who pass their existence in those "busy haunts of men." At the same time it must be admitted that, from the physical culture point of view, there is much to cause disquietude in the life of the great cities and towns of the modern world.

One of the first facts which presents itself to our minds, when investigating the action of city life upon the human race, is that cities give rise to luxury. Luxury (from the Latin, "luxus," excess) in its simple meaning may be considered as embracing all those conveniences and appliances of life which are not strictly necessary to our well-being. It is obvious that country life could hardly have given rise to it, and that, although luxury when rightfully employed is a powerful instrument in civilisation, its abuse tends to sap the energy of the body and to give rise to vices which may destroy it altogether. Our old friend Cæsar, acute observer that he was, informs us that the Belgae were by far the bravest and most virile of the Gallic tribes, because "they were very far removed from the luxury and civilisation of the Province." We learn from Plutarch that Alexander the Great found that during his campaigns against the Persians his friends began to be contaminated by the effeminate and luxurious habits of the East. "He (Bohn's trans.) gently reproved them for this, saying that he was surprised that men who had fought so often and in such great battles, did not remember that the victors always sleep more sweetly than the vanquished, and that they did not perceive, when they imitated the luxury of the Persians, that indulgence is for slaves, but labour for princes. 'How,' he asked, 'can a man attend to his horse or clean his own lance and helmet if he disdains to rub his own precious body with his hands? And do you not know that our career of conquest will come to an end on the day when we learn to live like those whom we have vanquished?'"

Although luxury is a fruitful source of insufficient exercise, it is not the only one. The conditions of city and town life are also operating causes. Thousands, nay millions, of men and women are condemned by the obligations of modern life to lead sedentary existences, and to suffer the evils which always dog the steps of those who take insufficient exercise. The derivation of the word sedentary is suggestive; it is derived from the Latin word, "sedere," to sit. The clerk who passes most of his time perched on a stool will ever remain the type of the sedentary life. The whole nature of city life however militates against exercise. It has brought about that division of labour which, although it may possess great economic advantages, decreases the amount of exercise the operative might otherwise obtain; and, by confining him to one kind of labour promotes in many cases partial physical development.

A very obvious deterrent to physical well-being in large cities is the limitation in quality of the air supply. Arriving in London from the country, one receives the impression that the air is used up; it seems quite stale. This can be hardly otherwise when we realise that a mass of human beings equal to one and a half the population of the whole of Ireland is confined within an area of a few square miles. The state of things is not improved by the consideration that most of the inhabitants of London pass their time indoors, where the air is even more defiled, and where the natural light is often insufficient. And yet if anything is certain, it is that men and women require an adequate supply of pure wholesome air day and night. The medical faculty now fully realise that a

life spent as much as possible in the open, subject to the beneficent influence of air and sunshine, does much to eradicate the seeds of consumption and to build up strong healthy bodies. It has been remarked how hale and fit are the tramps who in the summer time infest our highways and lanes, constituting one of our summer pests, and a reproach to the efficiency of our workhouse system.

Again, the conditions of modern life have produced occupations unhealthy in themselves, as witness the case of match factories and the cutlery trade, while a recent book gives a lurid picture of the physical and moral degradation brought about by the factory system in Lancashire.

Nor is this all; we are constantly being reminded by close observers of the times, that the over-activity, and mental worries produced by the close competitions of the cities, and the inordinate desire for wealth, are having disastrous effects upon us all.

The indictment of civilisation does not stop here; it is responsible for definite injuries to the human frame. Some of them I now proceed to consider. Nature has ordained that man should be tied to her through the senses, and has taken revenge for his rebellion by impairing these senses and through them his usefulness and happiness. For it cannot be denied that there is an increase among those who have their hearing and eyesight affected, and probably investigation would substantiate a similar charge against the other senses.

It seems somewhat strange that writers on physical culture neglect to point out more distinctly how important a part the feet play in the economy of the body, of which they may be said to be figuratively as well as literally the foundation. And yet no part is more neglected. Let me present to the reader a few facts concerning this wonderful piece of mechanism, the foot. Anatomists tell us that it is composed of no less than twenty-six bones, which they divide into three groups, forming respectively the heel and hinder part of the instep, the arch, and the toes. There are also three articulations which, acting in conjunction with the muscles, enable the foot to move in different directions, while the arch imparts elasticity to the foot, preventing the system experiencing an undue shock when it comes in contact with the ground. And yet how do we treat this admirable piece of Nature's handywork? With the aid of the bootmakers of civilisation, acting conjointly with fickle fashion, the sensitive and delicate foot is distorted and crushed through being encased in boots and shoes of an unnatural shape. If the reader pays a visit to the London bootshops he will find in most of them footwear shaped like boats, the result being that the great toe—the special feature of man's foot—instead of having its natural liberty preserved is pulled over the other toes. I have often remarked how my boots, when worn for some time, get twisted out of shape. It is only lately that I have realised that this occurs through the endeavour of the great toe to regain its normal condition. The folly does not stop here; the use of the high heel hitherto so fashionable among women has helped further to crush together the helpless toes, destroying their freedom of action, while at the same time affecting the foot generally.

As the subject has been entensively written upon it is only necessary to mention the case of that terrible engine of bodily destruction invented by civilisation—the corset. Physical culture for women can never be placed on a satisfactory basis until the corset is either done away with or considerably modified.

It does not require astute observation to notice the number of young men at the present day who are partially bald. Complete baldness may be incidental to old age; it would be interesting to collect facts relative to its prevalence among the old men of savage races—but it is an unpleasant feature among the young, as all unnatural things are. Nothing is more suggestive of youth than an exuberant growth of hair; yet it seems that an age which is familiar with the locomotive

and the motor car is in favour of a bald headed race.

I would I could stop here in my enumeration of the ills which civilisation has inflicted upon our poor frames. But truth compels me to proceed. How many of us realise the question that digestion commences with our teeth? If he did, the aspirant for bodily strength would consult a dentist before investing in an exerciser. It is sound wisdom that makes the War Authorities so particular with regard to the teeth of candidates for admission to the Army. How many cases of complete or partial breakdown may be traced to the teeth? Alas, only too many; and they must be added to the tribute which humanity has had to pay for the blessings of civilisation. It would be foreign to the purpose of this article to go into details, but that our civilisation is responsible in some way or other for the decay of our teeth is obvious from the single fact, that among savages the teeth are always in a remarkably good state of preservation.

Now if what I have said hitherto refers to the well-to-do and the ordinary poor, it has a cumulative effect in the flotsam and jetsam of humanity thrown up by the seething life of our large cities. When he considers the case of such masses of people as the helpless and criminal poor of the East End of London, the physical culturist is tempted for the moment to inquire if civilisation be not after all a failure. Although after mature reflection we conclude that the good overbalances the evil, yet the whole matter is deplorable. Authorities tell us that much of this human wreckage would be useless in Canada; because the desire and capacity for real labour are a negligible quantity.

I shall conclude the list of charges against civilisation with the question whether it is true, as it is constantly stated, that the birth rate is declining in highly civilised countries. The whole question is one which it is difficult to treat in a satisfactory manner. It is not easy to determine whether this decline is natural, or whether late marriages and the obligations of a higher standard of life have imposed a limit to the number of children. One thing is certain, that civilisation up to a certain point is no bar to the increase of families, and indirectly tends to the same result by enabling, through the agency of science, the weak and imperfectly developed to live—persons who, if left to nature, would have succumbed to the hardship of their lot. The physical culturist, however, will believe that quality not quantity ought to be the rule with children as in other cases. He hopes that with the spread of knowledge the great importance of sound bodies will be realised by all, and that an enlightened public opinion, if not the voice of the nation itself acting through its legislation, will put a veto upon the marriages of the epileptic, the drunkard, and all those whose family history betrays bad physical and mental tendencies.

In conclusion, as I do not care to pose as a pessimist, I am thankful to believe that there are many signs of a reaction against ultra-civilisation. At the "call of the wild" the city man leaves his office, the writer throws down his pen, the operative deserts his factory, and one and all seek the life of the woods and fields, finding in the simple joys of Nature and the infinite diversity of her changing day compensation for the, sometimes, meretricious charms of the life they have left behind. The day may come, too, when the legislation will put some pressure on the landowners, will make them realise that they should not let selfish interests stand in the way of the natural rights of their fellows to some portion of the land which has given them birth. The early days of the present century are witnessing schemes for the more systematic re-peopling of the country, and the decentralisation of industries. Of these one of the most promising seems to be the attempt to found garden cities, which, if the hopes of their founders are realised, will bring the life of the cities into closer line with that of nature—"a consummation most devoutly to be wished for."

A Motor Spin . . through Holland.

A BIG CANAL.]

By "C."

H——— and myself were staying a short time in the Netherlands, and wanting to see as much of the country as possible, and being at Haarlem, on our way south to Antwerp, it occurred to us why not travel down by motor car instead of by train. So, after various questionings with our hotel proprietor, we found that a car was to be had in Haarlem which would take us as far as the Hague, but no farther; however, there would be no difficulty in procuring another to take us on. As the charge appeared reasonable the matter was clinched, and the car ordered round to the hotel. After some delay, at last it apeared, with *two* chauffeurs! Surely this was not necessary; but so it appeared, and we had to put up with the extra weight, also frustrating our intention of taking some at least of our baggage, but this was now impossible, so limiting ourselves to coats and cameras, we left the old-world town of Haarlem about 12 noon. On leaving the suburbs and entering the forest of Haarlem, a beautifully wooded public park the car gave a nasty side-slip, running over the electric car rails, and, swinging round, crashed past a tree, breaking off the splash-board on one side. Quickly bringing the car to a standstill, an inspection was made. After first thinking it would be necessary to return to the garage for repairs, it was found that no further damage had been done, so we once more started. Our way led through the forest, on along shaded, avenued roads paved with brick or stone, making delightfully smooth running, and greatly freeing us from dust; past the extensive bulb gardens—but unfortunately the flowers were over, with the exception of a few bright-bloomed anemones. What it must be in the season, with all these miles of gardens in full flower, one could form but a small conception.

Sometimes seeing a solitary stork on its nest, made at the top of a pole, then meeting so many small carts drawn by dogs, who seemed perfectly contented to be thus used

as beasts of burden. Coming to an exceptionally picturesque village with a thickly avenued street, we stopped the car and alighted to take a photograph, an accomplishment more easily thought of than done, as we were soon surrounded by an inquisitive and interested crowd of villagers.

Leaving Leiden on our left we continued our way, noticing the only kinds of hills—the sand dunes near the coast—in this part of the low country, much of which is actually below sea level. Nearing the Hague we travelled through beautifully wooded scenery, with some well-grown trees, going by the private domains of wealthy merchants, reminding one of the country parks in England. Arriving at the Hague, we drove through the town in search of the Motor Garage. A very different place this to the old-world cities of other parts of Holland, such as Amsterdam; the seat of the Court, and the fashionable centre.

Having found the Garage, we tried to arrange for another car to take us on to Antwerp, but some objection was raised about crossing the frontier, so rather than give up the run altogether we decided to go as far as we could, which was to be Roosendaal, just on the frontier.

A DOG CART.

The car assigned to us was a 15 h.p. 2-cylinder Darracq, nearly new; this was luck. Just as we were about to start we discovered that the chauffeur could only understand the native tongue, which neither of us could lay claim to; however, he being an intelligent youth of some two and twenty

years, we thought we could get along somehow.

About 3.40 the car backed out of the garage, and after calling at a restaurant to refresh the inner man, we started on our final run, hoping to reach Roosendaal by 9 p.m. of doors. Passing through Delft, famous for its pottery, we soon entered Rotterdam, an imposing place, and the chief commercial port of the country, lying on the river Maas, whose great breadth—quite twice that of the Thames at London Bridge—is spanned by a

AT HAARLEM.

that night. Once clear of the Hague the car was allowed to go, and we sped along through a picturesque typical Dutch pastoral country, with innumerable black and white cattle; it was milking time, and they were herded together inside a railed enclosure out long double bridge, there being an island in the centre.

We were now amongst the waterways of the Rhine. Reaching Dordrecht, we found it was necessary to cross the water by a ferry, and, after waiting about for some time, at

BULB GARDENS, HAARLEM.

last someone appeared and intimated that the car was to be driven on to a kind of decked barge; this was then taken in tow by a small tug, and away we went across the

OUR DARRACQ CAR AT ROOSENDAAL.

river. Having landed on the opposite side, we proceeded on our way, turning inland to avoid the great network of bridgeless waterways of the Rhine, and sped on for miles by the banks of this great river, passing large willow and osier beds, cultivated for the manufacture of baskets and barrel hoops, evidently the chief employment of the inhabitants of the small villages about here, which we passed at surprisingly short intervals, accounted for by the fact of there being but a few trunk roads capable of affording means of transport, the population therefore congregating about them.

ON THE ROAD TO ROOSENDAAL.

Reaching Gorinchem, the sun just setting, we again had to turn out and cross the Rhine in a steam ferry. We had now travelled rather more than half-way, and had only about an hour of daylight left, but if there were no further delays it was still possible to reach Roosendaal before very late. However, on ariving at a crossing further on, we found the ferry just leaving, and were forced to wait an hour before being able to reach the opposite bank.

The time getting on, and darkness having set in, we decided that if we wanted a bed that night it would be necessary to stop somewhere short of Roosendaal. So with acetylene lamps blazing, the car took us along at a steady pace, through the damp mist that was rising from the low ground, and on until we soon slowed down at the little town of Breda, where we arrived at 10.30 p.m., and put up for the night, after having travelled for 10½ hours.

The next day, being up betimes, we left in the car for Roosendaal. After covering the twenty odd miles through a prettily fir-wooded country, we arrived at our destination in splendid time, and, bidding adieu to our chauffeur, we stepped into the train for Antwerp.

The Nation and its Games.

THE following excellent and pertinent remarks appeared recently in the *Saturday Review*:—

It is doubtless very easy to demonstrate the short-sightedness of the parent who bounds the horizon of his son's future with visions of success at Lord's; to deride those extravagances of athlete-worship to which the meaner part of the Press so readily panders; to laugh over the bombast of writers who exhaust the resources of the English language in eulogies, half-sentimental, half-heroic, on their fellow-players, and discuss the incidents of a match or the selection of a team in a tone worthy of the gravity of a debate on foreign policy in the House of Lords. All such violations of good sense and good taste stand self-condemned: and we will do those who suffer from them the bare justice of believing that nowhere are these absurdities more heartily disliked than in the circles which they are intended to render illustrious. But these are merely the outward and extreme manifestations of the popular feeling. The real matter at issue lies deeper. It is the changed standpoint from which the public views athletic contests which makes these follies possible; and it is the results of that change which it is the purpose of this article to discuss.

The most striking example of the new development is undoubtedly that of cricket; and as it possesses in a higher degree than any other pastime the merits and demerits of the modern system, an examination of its present position offers a useful commentary upon the whole question. It absorbs more time; it is played during the pleasantest season of the year; in its publicity, in the sensational quality of its incidents, in the facilities it offers for individual achievement, for direct personal antagonism and for statistical valuation it favours more highly than any other game the elements that appeal most strongly to the imaginations of educated and uneducated alike. It happens besides to be one of the most varied and interesting pastimes in the world, and appeals with peculiar force to the English admiration for pluck, endurance and coolness. Both for those who play and those who watch it is probably the most fascinating outdoor sport yet invented. Much of this was seen and felt by its early devotees. No writer on the game has ever surpassed Nyren in keenness of appreciation, or has equalled him in literary distinction. But Nyren lacked the distinctive characteristic of much modern cricket literature, the tone of the public man. Cricket, to quote the words of Tom Brown, is nowadays not a game but an institution; it is one from which an appreciable part of our people derive some lasting benefits as well as a vast amount of temporary enjoyment, and as a consequence its best exponents acquire a certain degree of public recognition. The question is how far this change tends to promote its educational utility to the nation as a whole.

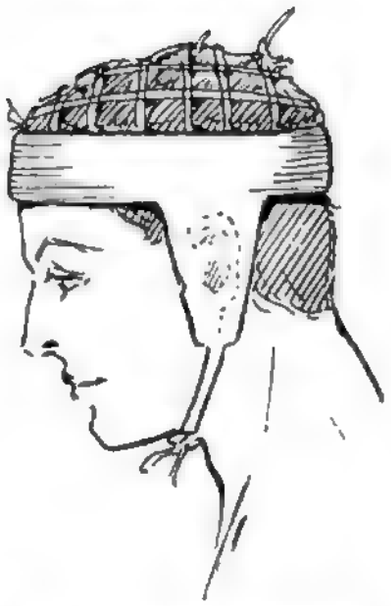
Practically regarded the whole matter seems to divide itself into two different problems, the question of the effect of games upon the so-called leisured classes, as represented by our public schools, our universities, and those to whom circumstances allow ample and regular holidays: and the question of the effect of games upon the great mass of the population whose opportunities of recreation are few and short, and who can scarcely be said to know what education means. Of the first of these we must say at once that in our opinion the damage done by over-cultivation of games is far smaller than is generally assumed to be the case. We do not believe that the scheme of work obtaining at most schools, whatever

internal reforms it might usefully be made to undergo, could in point of time be materially increased. We do not believe, having regard to the importance of a full development of bodily strength under modern conditions of life, that the restriction of athletic pastimes would be physically desirable. We hold strongly that the natural sphere of most boys' ambition, surely a quality that will repay the cost of culture, lies in a healthy rivalry in fields where they are freed from pedagogic discipline, where they can work out their own ideas independently of text books and where their occupations can be entered upon willingly and are such as to develop their power of initiation. No one who has been at school will question the continued existence of the indwelling antagonism towards lessons which has ever been the mark of the ordinary schoolboy; or will doubt that while lessons in the ordinary sense must remain the bedrock of his education, they will never evoke the enthusiasm excited by the rivalries and struggles of the playground. The happy consequence is that in games the whole energy of a boy's nature is naturally and easily developed; and it is upon this that their supreme value, whether considered from a moral, mental, or physical standpoint, ultimately depends. That in certain cases the game ceases to be the medium and becomes the end; cricket is a harmless and —so far as a sedentary occupation can be— a healthy amusement, the prospect of growth of large crowds of partial idlers in what is one of the most numerous of our social strata, the lower middle class, is not reassuring. The avoidance or conquest of this evil, which is fraught with serious national consequences, is yearly becoming a matter of more urgent necessity, compared with which the minor extravagances noticed at the beginning of this article fall into insignificance. We are often assured that if we put our trust in the spread of education and in the self-restraint of our people all will be well. But in the present state of affairs the thought of having to rely on those auxiliaries alone is not a comforting reflection; nor is there much satisfaction to be gained from the theory that spectacular games are effective waste-pipes for the laziness and stupidity inseparable from overgrown populations. To think this is to mistake the symptoms of disease for its cure.

First Aid in Football Injuries.

By T. J. PRYCE JENKINS, M.R.C.S. Eng., L.R.C.P. Lond.

Illustrated by F. F. Bush.



SKULL CAP TO PREVENT BRUISING OF THE EARS.

IT is not the purpose of this article to supply a comprehensive and detailed account of the methods which are adopted in rendering immediate skilled assistance to the injured; its aim shall merely extend to a few practical hints in dealing with some of the commonest injuries which occur on the football field, and reference only will be made to those taking place in a Rugby game, although it is to be hoped that followers of the Association code may glean a few useful hints, for naturally many of the injuries cited here are common to both games. No beneficial object is to be gained by the discussion of the oft-repeated hysterical cry of "The dangers of football!" Suffice it to be understood that the writer is in direct sympathy and complete accord with those who proclaim that there is scarcely any manly British sport without some slight element of danger, and that any so-called sport without such danger would be no sport at all to Britishers. He is also at one with those who maintain that the benefits derived by the pursuit of a noble and manly pastime far outweigh any comparatively trivial disadvantages.

Contusions or bruises are common on the football field, and are frequently so slight that little notice is taken of them in the heat of a game; if, however, a severe blow be inflicted on the surface of the body, blood vessels beneath the skin are damaged, and blood pours out from the broken vessels accumulating *under* the unbroken integument. At first the injured part is reddened by the blow, it then rapidly becomes dark purple in colour, and in a few days assumes the varied "rainbow tints" so familiar to us all in what is known as a "black eye." A "black eye" (or possibly "two lovely black eyes," popularised in song) is not an injury which in itself ordinarily possesses any surgical importance, nevertheless the unfortunate victim is often much concerned from an æsthetic point, the "look of the thing" when he next makes his appearance in business. His "boss" may be of the ultra-Puritanical school, possessing a decided antipathy to football, hence much unpleasantness. Customers or clients may eye him with suspicion, and his colleagues exhibit deep interest in a supposed Saturday night's brawl, betraying a spurious sympathy by asking "What happened to the other fellow?"

First aid treatment will do much to lessen the severity of a bruise; it consists in the immediate application of cold and pressure. This is best effected by means of a pad of lint, linen or wadding dipped in ice cold water firmly fixed on the seat of injury by a folded handkerchief or a triangular bandage similarly made moist, and kept wet and cool with ice or iced water. In this manner the bleeding beneath the skin, and consequently

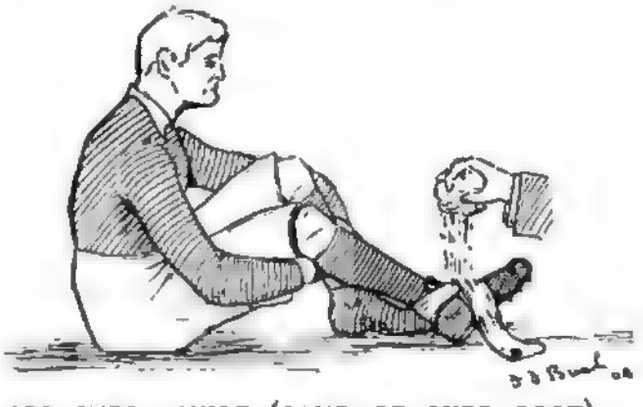
the swelling, is diminished, and subsequent unpleasant results minimised to a great degree. In the old days of the "ring," a popular method of treating a black eye was the application of raw beefsteak. Any virtue that may have been attributed in such cases to raw meat must be ascribed to the *coldness only* of the piece of flesh. In contusions or bruises of a severe character in a limb, besides the treatment above indicated, it is as well to place the injured part completely at rest in a splint (Fig. I.) Often a bruise is accompanied by a breakage of the skin; this combination is known as a contused wound. Bleeding from a wound of this nature is usually of little import, for the cold and pressure employed to subdue swelling suffices to arrest it. Every wound should be thoroughly cleansed with *clean* water, the edges drawn as close together as possible, and a *clean* piece of linen bandaged firmly over it. Pressure on a wound as a rule adequately controls all bleeding. Most of the wounds experienced on the football field are contused. All appendages—such as sharp buckles—likely to produce incised or lacerated wounds are by considerate players eliminated from their costume, and whenever unconsciously worn they are quickly dispensed with when attention is directed to the dangers that might accrue from them. Painful abrasions or scratches of the superficial layers of the skin would, indeed, be less numerous if players kept their finger nails close-pared.

In a London street row a passer-by often hears—as an altercation increases—between two "cockneys," a promise on the part of one of the disputants to present the other with a "thick lip," or a desire may be expressed by one to know whether the other is "searching for a thick ear." Both of these undesirable conditions are bruises brought about by the breaking of blood vessels and the accumulation of blood which escapes beneath the skin. A bruise of the lip quickly disappears, but contusion of the ear frequently permanently disfigures, the auricle in time becoming thick and considerably distorted. Rugby forwards are particularly prone to this accident, for besides blows on the ear, other factors are at work in its production. These added factors consist in constant friction and rumpling of the auricle when forwards pack in the "scrum," they tend to the same end the breakage of blood vessels, and therefore bruising. The application of cold and pressure is the first aid treatment for such a case. It is far better, however, to lessen the risks of disfigurement—especially players who have prominent ears—by the free use of vaseline over the ears before taking part in a game, or by compressing the auricles tightly against the skull by means of a skull cap with ear flaps as shown in Fig. I.

Vaseline rubbed into the face is a preventative measure against "jersey rash." In late years jerseys of fine texture which diminish the friction causing the soreness of the face have displaced the old rough woollen jersey.

A sprain is an injury to the ligaments (fibrous bandages of joints) and tendons (leaders) surrounding a joint, these by a sudden wrench or twist—possibly in a direction which the muscles are unprepared for—are either forcibly stretched or torn, blood vessels are lacerated, the part quickly swells and becomes black and blue, owing to the effusion of blood into and around the joint. First aid treatment is directed to arrest bleeding from the damaged blood vessels.

In a sprained ankle ("going over at the ankle") it is the height of folly to at once



SPRAINED ANKLE (BANDAGE OVER BOOT).

remove the boot and stocking, if this be done the blood vessels are disturbed and an increased escape of blood into the joint takes place and thus renders the chances of quick recovery remote. The proper method to pursue is to bind the ankle tightly round with a handkerchief, triangular bandage, or roller one, *over the boot*. Keeping the bandage wet during and after the process, the bandage is in this manner tightened (Fig. II). Under no consideration must the patient be allowed to walk a single step. The injured part must be kept raised, and on arrival home there must be no "dragging off" of boot and stocking, both should be removed by cutting.

RUNNING THE RISK OF "FOOTBALL KNEE."

MINIMISING RISK OF "FOOTBALL KNEE."

So common is the occurrence of a sprain of the knee on the football field, that it has come to be known as "football knee." Much of the immediate treatment which has been described for sprained ankle is to be applied in the case of the knee, but in addition it is essential that the limb should be placed and kept at perfect rest in a splint before removal from the field of play (Fig. IX). There are necessarily many ways in which the knee joint is sprained. The commonest is the excessive strain thrown upon it when a player—generally a three-quarter—travelling over the ground at a high speed suddenly swerves or attempts to "dodge" an opponent at an angle which nearly approaches a right angle, by planting the heel firmly in the ground with the leg extended and outstretched (Fig. III). The limb in this position has little spring in it, it "gives" very little, as expression has it; the bones from the heel to the hip form a rigid rod with the whole weight of the body thrown on it, and by the direction of the bones of the leg and thigh the whole of the strain is thrown on the knee joint, which occupies a place about the centre of the limb. A knowing and skilful player can avoid this sudden and inordinate strain upon the knee by making use of the springy arches of the foot, and hence distributing the violence of strain throughout the whole limb; this is accomplished by swerving and dodging on the toes and executing other manœuvres in beating a would-be tackler. A favourite plan in overcoming the defence of an opponent—and one to be recommended to avoid football knee—is to lessen the *length* of stride without in any way diminishing the rapidity of successive strides, or *apparently* reducing the rate of speed, and thus allowing the defender to over run the attacking player, the latter at

the psychological moment assisting the progression of the former on a false track by a "hand off," at the same time helping himself on on his preconceived course (Fig. IV). Another method is for the attacking player to check his advance on his toes (not heels), bring himself *almost* to a standstill in a stride or two, with limb bent at the knee, he leads his opponent to suppose by stamping the ground with the whole of the other foot in its passage to the next stride that he is about to go off in another direction (Fig. V). There are of course many other devices by which players can avoid strain and thus minimise the risk of producing "football knee" without in any way displaying the despicable characteristics of a "funk." Hesitancy and timidity make a player more vulnerable to accidents than ever do vigour, keenness and determined action.

ANOTHER METHOD OF AVOIDING "FOOTBALL KNEE."

A broken collar bone (fracture of the clavicle) is generally caused by a heavy fall on the shoulder or outstretched hand. Usually a player who sustains this injury says, "my collar bone is gone," he is seen to support the arm of the injured side with the hand of the opposite side placed at the elbow to take off the weight of the limb, there is also an inclination of the head and neck to the affected side (Fig. VI). On passing the fingers along the injured bone, an irregularity caused by a projecting end of the broken bone may readily be felt, and on carefully baring the shoulder the deformity may be seen. The treatment for this accident is, first of all, to place a firm pad, formed by folding one or more handkerchiefs, in the armpit. A large triangular bandage must then be placed under the elbow and forearm, and the ends brought behind the neck and pulled until the weight of the injured arm is taken off the shoulder, securely tying off. Finally, place the middle of a folded triangular bandage over the elbow of the injured side outside the supporting sling, carry the ends horizontally around the chest, fixing the arm firmly to the side (Fig. VII). If a rib be broken there is pain on breathing at the seat of injury, which is very severe on taking a deep breath. On placing the hand over the affected region a peculiar grating is felt during the acts of inspiration and expiration. The object of first aid in such a case is to limit the movement of the ribs caused by the act of breathing, and thus lessen pain. This is performed by tying two large folded handkerchiefs or triangular bandages around the chest. The centre of one is placed above the point of breakage, the centre of the other beneath, but overlapping the upper bandage to half its breadth (Fig. VIII). Support the arm of the injured side in a sling. If with a broken rib blood is coughed up, then there is also injury to the lung. *Bandages must not be applied* when this complication occurs, but the patient is to be placed at rest lying down, the body inclined a *little* towards the injured side. This position gives free play to the uninjured lung of the other side.

In all cases of broken bones in the limbs the greatest care and gentleness must be taken to prevent movement of the broken ends. Secure the limb in splints. When a bone of a lower extremity is broken on no

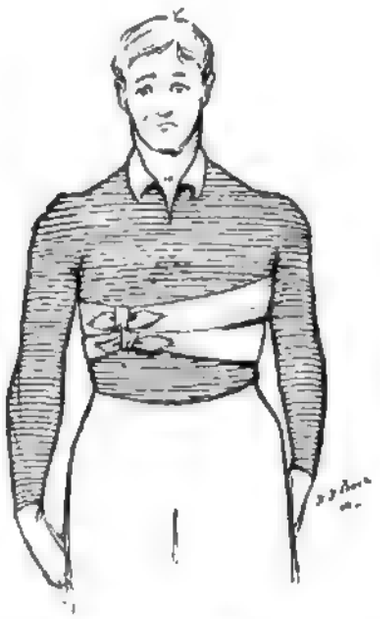
account must the patient be moved from the field of play until splints are firmly fixed. When there is doubt as to the nature of

BROKEN COLLAR BONE.

an injury to a limb always apply splints. Temporary splints may be improvised from the posts of touch line flags (the flag itself

BANDAGES FOR BROKEN COLLAR BONE.

forms a handy bandage, or, rolled over a portion of the flag stick, makes efficient padding). Touch judge's flags and sticks, umbrellas, walking sticks, a piece of the cross bar of a goal, &c. If a bone be "put out of joint" (dislocation), it cannot be too strongly impressed upon players that no one but a doctor must attempt to reduce the dislocation, that is "put it in again." Such attempts by unskilled hands are fraught with many dangers. All that ought to be done until the arrival of a medical man is to place and support the limb in the position that gives greatest ease to the patient, and apply cold to the joint. A troublesome injury, and one that often requires prolonged treatment for recovery, is a sprain of the small joint situated



BANDAGES FOR BROKEN RIB.

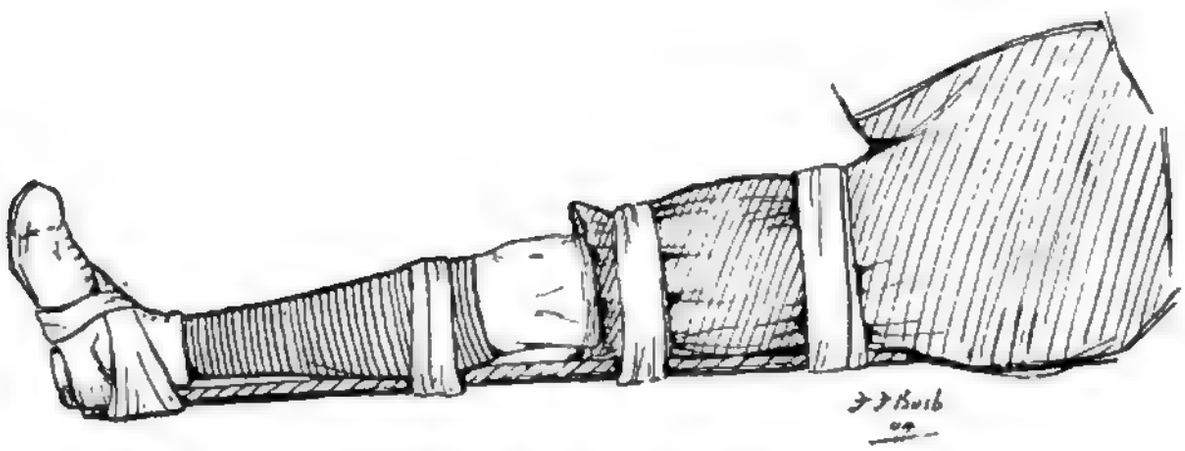
near the tip of the shoulder, and formed by a process of the blade bone and outer end of the collar bone. It is a frequent accident to half-backs, and is, therefore, known as "half-back" injury. First aid treatment is that for sprains, procure rest, and relieve the weight of the limb from the shoulder by placing the arm in a large sling.

When a muscle of a limb is severely strained or ruptured, treat in a similar manner as when a bone is broken. Strains and ruptures of muscles are more numerous in the early part of the football season, before players have got into condition; the obvious

method of lessening the number and severity of such accidents is to improve the texture and quality of the muscular system by less violent exercises before the season commences. Sprains also would be less frequent if the muscles are well cultured, for in addition to other functions muscles act as the guardians of joints.

If a player be "knocked out" (concussion of the brain) by a fall or blow on the head, however momentary the insensibility may have been, the player must be prevailed upon not to take up his position again that day on the field.

The services of a doctor should always be requisitioned whenever a player is injured, no matter how apparently trifling the accident may be, and it must be remembered that the duty of anyone rendering "first aid" ends when the doctor arrives.



SPLINT APPLIED FOR "FOOTBALL KNEE."

"For the Love of the Game."

SOME OPINIONS OF Mr. G. ROWLAND HILL (*late Honorary Secretary of the Rugby Football Union*).

THE love of games is a natural law. . . . Now, what do we learn from this? That this is a law which can do good or evil. My profound conviction is that the love of games was imbued in the minds of people by a Higher Power in order that they might do good to themselves and to humanity. I regard a game from an educational point of view. It induces young people to take care of themselves. They can be of no earthly use unless they are what we call in good training. It makes young people who desire to be good football players or good cricketers to lead a quiet, careful life. And it undoubtedly teaches the power of keeping your temper. . . . If there is a row going on, one good-tempered person, by a soft word, will often prevent trouble. I am sure that most of you may have noticed that. And it undoubtedly teaches pluck and self-reliance. It also helps your physical development. It gives you the great power of protecting the weak. Have you not found—I am sure you boys will bear me out in this—that the boy who is the bully is not, as a rule, a boy that is fond of games? He is a boy who has been given by the Higher Power considerable physical powers, but he has not cultivated them. My experience is that the physically powerful boy or man does not want to show his physical powers unless he requires to use them.

Then to protect the weak is one of the noblest works that a man or boy can do. But whilst I am prepared to admit that an enormous amount of good is done by games, yet I am bound to admit that at the present day there are some evils. It would be unwise for a man like me, who has had the privilege of giving some of the best hours of his life to the management of athletics, to close my eyes and say that everything was in a perfect condition. Oddly, new phases are at work in this country. When I was young, practically no one played games except for the love of the game. Now you have a new class that desire to be paid for playing the game, and I do most earnestly warn young England against the unwisdom of allowing themselves to be dragged into being the paid players of those who are looking upon our sports purely as commercial operations. I have made this remark before, and I do not mind repeating it.

It has fallen to my lot to be able to trace many young men who have been in employment, earning a good honest livelihood, and those men have been lured from their employment and have taken payment to play either cricket or football. The consequence, particularly in the game of football, which man cannot play for many years, has been that they have been made a great deal of while they were able to play, yet, when the day has arrived that they have no longer been good players, they have been cast adrift. A man in that position has lost the power of industry. Industry is a plant that wants careful nurture. It wants you to go on all through your life if you want to be a really industrious man or woman, and not to be industrious up to the age of eighteen, and then play football for ten years, and then imagine that you can come back and work.

No, you cannot. It is against every natural law. I do warn young England most strongly against this pernicious system which is eating part of the heart out of our grand national pastimes.

Then there is a tendency which I think is dangerous; that is the tendency of giving too many rewards. You can play games for the love of them alone. I hold that in proportion as there is a desire for reward, in that proportion there is a want of the element of real sport in the game. If the game is a good one and you love it you can play it without visible prizes. The prize encourages a low type of play. No, my young friends, play your games for the love of playing them, and you will reap an abundant harvest of good health and happiness in the future. But there is no use my preaching a love of games unless we are prepared with some means to allow the great mass of our people to play them. The wealthy classes are well able to take care of themselves, the working classes depend largely upon the good feeling of the wealthy classes, so that they can get proper halls to play their games in at night, and public fields in which to play them during the day. Now, I do say a very excellent word for the labours of the present London County Council for their excellent work in preserving open spaces, and I would say an excellent word for that private association, the London Playing Fields Society, that does so much for hiring grounds for the amusement of the poorer classes. And certainly, the clergy need all the encouragement they have, and a great deal more, for the enormous services which they give in looking after those halls and after the working men's clubs. There is no doubt that a tremendous responsibility rests on us all for giving to those societies any little support we can for carrying out this excellent work. We hope, and we fondly hope, that we make the boy a better son, and that when he grows up we shall make him a better father, and make him a kinder friend to all with whom he is brought into contact, and we believe that if the true lessons are learnt we make them better citizens. Just now, one is strangely reminded of the duties of citizenship. My mind has been continually turning to a remark made by the Duke of Wellington, and I say this in no warlike manner. He stated that the battle of Waterloo was fought on the playing fields of Eton. I hope and trust that, partly by the aid of athletics, the future battles which our beloved country may be engaged in will not only be fought on the playing-fields of Eton, but on the playing-fields of our poor schools, and our well-to-do schools, and on the public fields of our great cities, and on our peaceful village greens.

Holiday Exercise.

A RECENT issue of the *Medical Press* contains the following timely notes of warning:—At this season of the year, when every town-dweller to whom the opportunity presents itself makes for the country or the sea-side, the question of appropriate exercise becomes an eminently practical one. A holiday has been defined by advocates of the "strenuous" life as a change of occupation, and to the average man, so long as the change involves an abandonment of brain fatigue, and a substitution of physical for mental exercise, the medical man will not be inclined to quarrel with the definition. It may, however, be well to protest against the attitude of mind of those who consider a holiday wasted unless its precious hours are filled by the pursuit of fresh knowledge and experience. A symposium of opinions of some leading Members of Parliament recently taken by one of the leading morning papers contained the views of several representatives of manufacturing towns, who held that the ideal holiday of a young Londoner was to be found in a visit to some Yorkshire or Lancashire town to study the processes of manufactures carried on there. With all respect for the legitimate desire of men to improve themselves on every suitable occasion, we cannot but think that for a young clerk or business man to spend his short fortnight or three weeks' vacation in an atmosphere of looms and machinery is to court disaster. To all mentally hard-worked men the holiday should be emphatically a period when the mind lies fallow, and when the body is given the chance that it so rarely gets of moderate, healthy exercise. It is obviously foolish for the man whose muscles are flabby and whose circulating and respiratory mechanism is out of tone to attempt herculean feats as soon as the black coat is changed for flannels, and much damage is often inflicted on themselves by enthusiasts who try by means of sudden and violent exertion to get as much "good" as possible out of their holiday. All violent exercise must be preceded by a period of training if the strain is to benefit the system, and for the average vacation the general cult of *dolce far niente* is infinitely preferable to fatiguing bicycle rides or exhausting expeditions that tax the powers of endurance of their subjects to the uttermost. Some interesting observations recently made by Dr. Philip Hawk, Demonstrator of Physiological Chemistry in the University of Pennsylvania, tend to show the comparative value of various forms of bodily exercise, and in them the physician may find a scientific basis for advice he may be called upon to give as to the best holiday pursuit for his patients. The method adopted by Dr. Hawk was to examine the blood of athletes before and after exercise, making counts of the red corpuscles with the hæmocytometer. His observations showed that the blood of the average college athletic in good training contained over a million more red cells than that of the average individual, namely, 5,600,000 corpuscles per cubic millimetre, as compared with four and a half or five million. Such an observation is of great value, as it demonstrates the fact that the properly-prepared athlete differs structurally from the untrained man, and that he may therefore be assumed to be capable of deeds that would be beyond the powers of the latter. An ordinary individual, then, whatever his potentialities, should regard himself as being incompetent to undertake feats of endurance or strain without thorough preparation as he would be, say, to appear for his county at cricket without weeks of careful practice at the nets. Reviewing his observations, Dr. Hawk concluded that swimming is the ideal sport. To the plain man the conclusion is clear, that the holiday should be a time for accumulating a higher percentage of corpuscles and that arduous and fatiguing exercises, far from doing this, will only destroy any reserve that he may be already possessed of.

A Clever Military Cyclist.

By S. H. MORTON.

Photographs by Campbell & Gray.

THE music-hall profession contains many troups of cyclists, as well as individuals, whose wonderful adroitness and intrepidity on the cycle cause alike wonderment and surprise. But there are some in our military service, both regulars and volunteers, who are capable of performing not only marvellous feats, but some which are likely in cases of urgent need to prove of great service to a fallen comrade. Amongst this class of trick rider, perhaps the most prominent is Sergeant Rule, of the 26th Middlesex V.R., or the "Cyclist Corps" as it is termed. Formed largely through the efforts of Major C. E. Miles, the old cycling champion, this corps has for some years past been

LIFTING A FALLEN COMRADE WHILST GOING AT FULL SPEED.

THE STRAIN OF THE DEAD WEIGHT OF THE WOUNDED MAN IS CONSIDERABLE, BUT—

doing good work in carrying out experiments to prove the efficacy of the cycle in actual warfare, and which in the recent war proved of incalculable benefit. For some two or three years, the 26th were a prominent feature in the Royal Military Tournaments at the Agricultural Hall, where, in addition to proving the usefulness of the cycle in manœuvring, they also proved their control over their mounts in tent pegging, lemon cutting, heads and posts, etc. All these, however, are as child's play compared with the feat which the photographs accompanying this article depict. In order to show how it is possible for a mounted cyclist to rescue a wounded comrade, Sergeant Rule was in the habit of riding at full speed to the fallen soldier, and stooping down, whilst still travelling he by exerting great strength, lifts his comrade bodily on to the handle-bars of his machine and so carries him safely out of danger.

Another trick, or rather feat, which is practised extensively by members of the corps is the assisting of a comrade who has lost his machine. The unfortunate one mounts the handle-bars of his friend's cycle and whilst the latter works the machine, the other rests a rifle on the rider's shoulder and fires a round from this precarious position in order to cover their retreat. The cycle is rapidly coming to the fore as a useful military instrument, a fact which the armies of the world are realising.

HE IS LIFTED BODILY ON TO THE HANDLE-BARS BY HIS COMRADE AND RESCUED.

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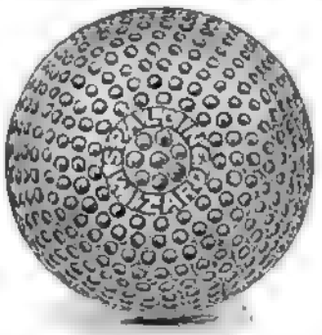

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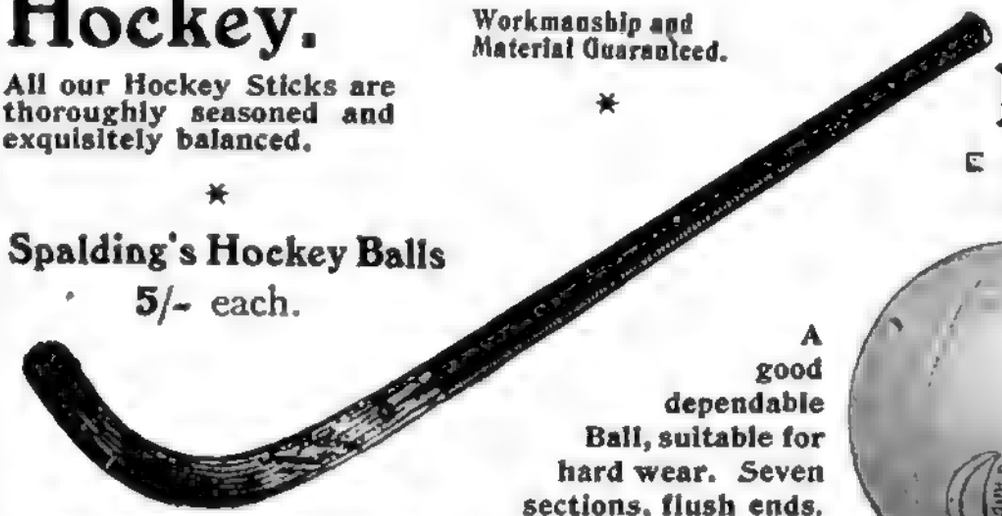

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SPORTING PATENTS.

In response to many requests, we have pleasure in announcing that we have made arrangements whereby each month we shall be able to place before our readers a Complete List of Patents relating to all Sporting Appliances.

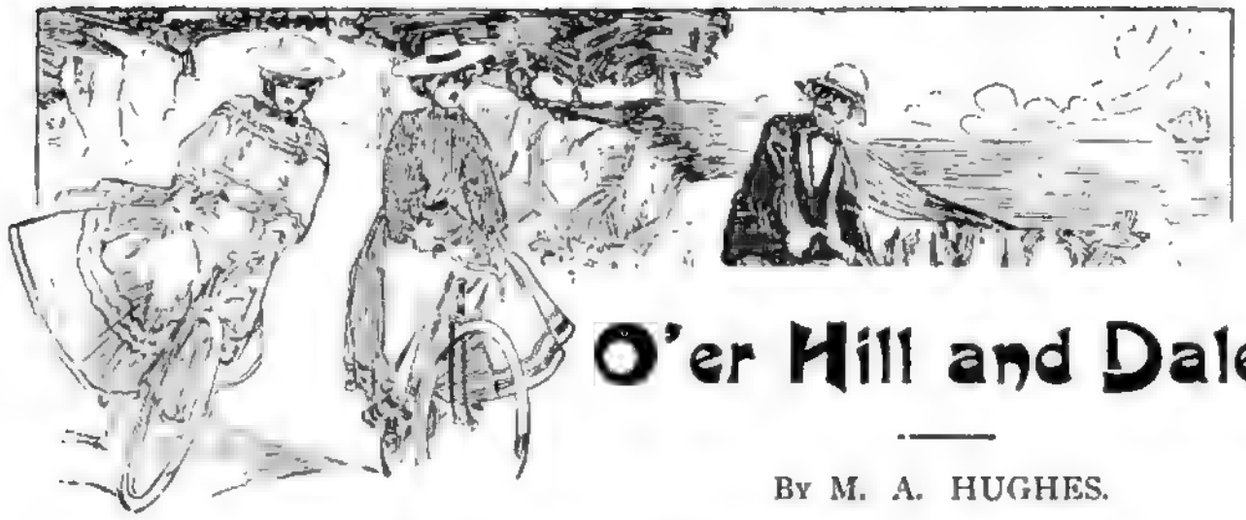
This List of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88, Chancery Lane, London, W.C., Registered Patent Agent, from whom all further information relating to patents may be had on application.

List of Applications for Patents during July, 1904 :—

14,798. A. J. Boult, London (H. Handel and C. Muske, Germany). Tennis and like racquets.
14,800. E. Germly, Liverpool. Golf clubs or implements.
14,850. W. J. B. Macdonald, Buckie, N.B. Golf club (complete specification).
14,912. J. L. Henwood, London. Cricket bats and stumps.
14,946. W. Buttery, London. Billiard table cushions.
15,133. C. E. Luard, London. Apparatus used with miniature rifle ranges.
15,167. D. Macrostie, Kingston-on-Thames. Miniature rifle targets and range apparatus.
15,189. T. B. Ralston, London. Travelling targets.
15,260. T. Legat, London. Golf clubs.
15,322. C. Chevallier and E. Cadet, London. Antedated. Targets with automatic indicators (complete specification).
15,240. J. Lane, Coventry. Targets and the like.
15,490. S. Allcock & Co., Ltd., and S. Allcock, Redditch. Folding frame for fishing nets.
15,491. S. Allcock & Co., Ltd., and S. Allcock, Redditch. Attachment for holding floats or leads on fishing lines.
15,586. L. J. Lévy, Glasgow. Golf scorer.
15,594. W. R. Hewitt, Carnoustie. Putter.
15,595. A. Astles, Nantwich. Horizontal reciprocating system of targets for rifle, gun, or archery purposes.
15,597. J. C. L. Henry, London. Golf clubs.
15,865. J. E. Layton, London. Golf, &c., balls.
15,991. A. Berger, London. Tennis, &c., racquets.
15,994. F. J. Williams, London. Upright ring for fishing rods.
16,172. T. R. Preedy, London. Joint for fishing rods, &c.
16,291. A. Anderson, Liverpool. Pocket apparatus for measuring for bowls, quoits, &c.
16,300. E. H. Miles, Cambridge. Racket presses.
16,335. P. R. J. Willis, Kingston-on-Thames (T. F. Oetjen, Cuba). Automatically registering targets.
16,336. T. A. Buys, Kingston-on-Thames. Antedated. Brace or support for tennis poles (complete specification).
16,371. M. Hirst, Birmingham. Automatic targets.
16,378. T. Harvey, Waterville. Golf balls.
16,441. A. Kazulek, London. Antedated. Roller skate for narrow tracks (complete specification).
16,612. J. R. Brown, Glasgow. Appliance for use in the putting greens of golf courses.
16,626. H. Fitzpatrick, Burnley. Footballs.
16,705. R. and R. F. Hutchison, Glasgow. Core of golf balls.
16,731. S. E. Sams, London. Football kicking pad (complete specification).
16,740. J. MacHardy, London. Appliance for use in swimming.
16,741. H. J. P. Dumas, London. Apparatus for seine, trawl and line fishing.
16,787. J. T. Bradbury, Huddersfield. Ball returners for billiard, &c., tables.
16,793. H. S. Martin, Liverpool. Billiard, etc., markers.

Complete Specifications published during July, 1904 :—

14,891 of 1903. C. M. Burnam, U.S.A. Adjustable golf clubs.
16,938 of 1903. J. B. S. MacIlwaine, Foxrock. Fishing rods, reels, or winches.
17,413 of 1903. J. Richardson, Wandsworth. Cricket scoring apparatus.
17,483 of 1903. B. Deaville, Nottingham. Cue rests for billiards.
17,492 of 1903. A. Van Hoorn, London. Automatic steering mechanism for roller skates, &c.
17,654 of 1903. W. J. Seton, London. Carriers for ammunition for double barrelled sporting guns.
18,385 of 1903. P. A. Martin, Birmingham. Manufacture of golf, &c., balls.
18,476 of 1903. H. Holmes, London. Gun or rifle cases.
18,726 of 1903. W. and J. J. Hardy, Alnwick. Fishing reels.
18,842 of 1903. H. E. A. Wakefield, Bayswater. Manufactures of traces for fishing tackle.
21,499 of 1903. J. B. Jakobsen, Norway. Antedated. Fishing bait.
23,002 of 1903. C. De Buren, Geneva. Manufacture of golf balls.
10,072 of 1904. J. Tambour, France. Automatic safety device for the hammers of small arms.
10,390 of 1904. J. W. Moore, Kew. Counter mechanism for scorers or markers for billiards, cricket, and the like.
11,360 of 1904. A. Lindsay, U.S.A. Striking bags, footballs, cushions and like inflatable bodies.
12,302 of 1904. N. B. Lawson, U.S.A. Swimming attachments.



O'er Hill and Dale.

By M. A. HUGHES.

(SOME PLEASANT CYCLING JAUNTS.)

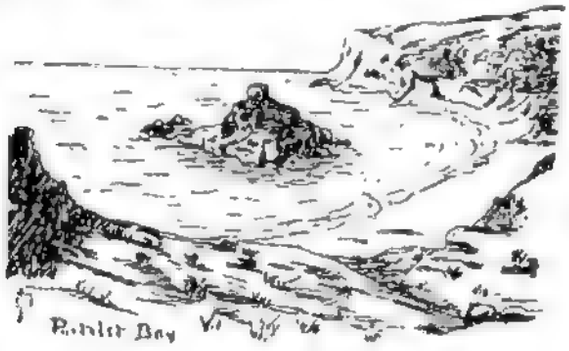
RIDE No. 6.

THE CHANNEL ISLANDS (JERSEY).

IF the Isle of Wight lays claim to the title of the "Garden Isle," then the Channel Islands, which Victor Hugo has designated "A lovely garden of the sea," surely have a right to a similar appellation. The variety is so great. Inland, leafy lanes run through the valleys, the slopes of which are either wooded or covered with ferns and luxurious vegetation, whilst the scenery on the coast line varies considerably. Beautiful sands, with the hills as a background, stretch for miles around the bays, alternated with rugged rock. Two routes are open to those intending making the trip, viz., via Southampton or Weymouth, the former having the longer sea trip. Although the boats stop at Guernsey, for our purpose we will proceed to Jersey, and take a trip around the largest island of the group. Of course, there are many pretty and interesting spots in the interior which should be visited, but to explain all the beauties of the place, and the way to reach them, would occupy a whole volume.

Leaving St. Heliers by the Esplanade, we run alongside the lines of the toy railway which skirts St. Aubin's Bay, wherein is situate Elizabeth Castle, built in 1551, which at high tide is surrounded by the sea. Facing Bel Royal Station is Bel Royal House, formerly the residence of Charles I. A mile further on is Beaumont Village, and a similar distance having being covered, we are in the town of St. Aubin, which is full of reminiscences of the old privateering days. Turning inland along the St. Brelade Road, we will deviate somewhat and take the road to the left to view Portelet Bay, in the centre of which is an islet, on which the crew of a vessel commanded by Captain Janorin perished of the plague in 1721. The rock is known as "Janorin's Tomb," or "L'Ile au Guerdain." Returning to the main road, we leave St. Brelade's Church, which dates from 1111, on our left, and also visit the Fishermen's Chapel, erected in 786. We now make for the most western part of the island, La Corbiere, whence the granite with which the Thames Embankment is built was supplied. Continuing along the stretch of road by St. Ouen's Bay, we have a run of about five miles to L'Etac, having so far had nearly nineteen miles of uninterrupted marine view. Our next point is Grosnez Point, the north-western extremity of the island, where on the summit, 290 feet above sea level, are the ruins of Grosnez Castle. After returning to the main road we again branch off to the left to view the wild scenery around Plemont.

Passing through Vinchelez Lane we proceed to Greve de Lecq, a favourite halting place; its interesting caves and "Devil's Hole" well repay a visit. Leaving the coast again, we

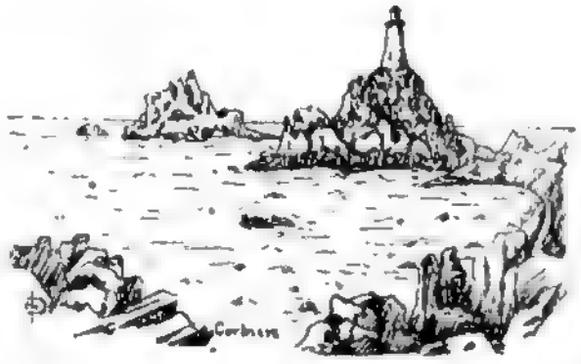


follow a winding road for about six miles over Trinity Hill, leaving St. John's and Trinity Churches on our left, and in due course reach Rozel, which is full of interesting sights, including the Norman-built Manor Chapel, Druidical remains, a dolmen, and the tropical gardens. Again we turn inland until, reaching St. Martin's Church, we bear to the left, and, skirting St. Catherine's Bay, make for Gorey, where, overlooking the seemingly deserted village, stands Mont Orgeuil Castle—a magnificent specimen of a mediæval fortress, abounding in historical associations. Leaving Gorey we cross the common, and bearing to the right at Le Marais Station on the Western Railway, take the St. Clement's Road. We are soon back at St. Heliers, the journey around the island being about forty miles.

RIDE No. 7.

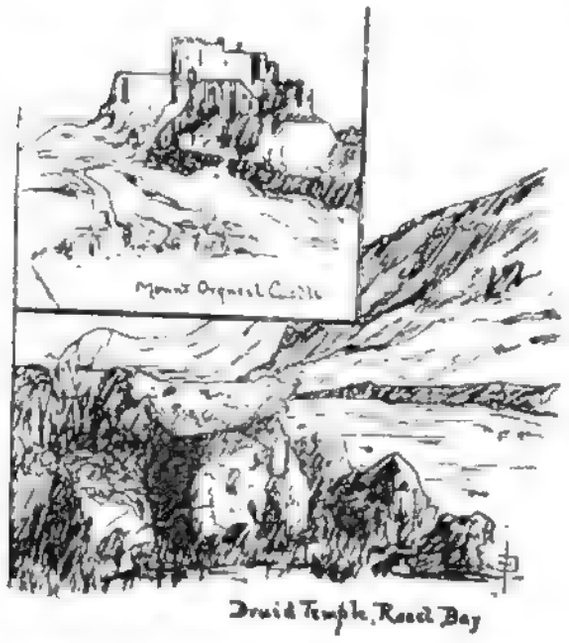
Guernsey and Sark.

Having completed our tour of the larger of the group of Channel Islands, we return to Guernsey, which, with its entrancing natural beauties, may well be termed the tourists' elysium. One thing that strikes the visitor most forcibly is the number of glass-houses on the island, from which the output of tomatoes and grapes to England is enormous. The island is much smaller than its neighbour, Jersey, its greatest length being only nine and a half miles, and breadth six and a half, and a complete tour of the island is only a matter of about twenty-five miles. Very picturesque is the scene as we enter the harbour of St. Peter's Port, which has a frontage towards the sea of nearly a mile and a half. Leaving the town by the South Esplanade, we pass the Albert Statute, erected in 1863 as a memoral to the late Prince Consort, and Castle Cornet, which, formerly an island fort, is now joined to the mainland by the south arm of the harbour. Erected about the twelfth century, it now serves as a garrison for a detachment of Royal Artillery. Turning up the Havelet Road, and then bearing to the left, we come to Fort George, which, well served with heavy guns, has every accommodation for a regiment. It cost the nation something like £200,000. Another mile and a half further on is St. Martin's Church, and from here we may detour a short distance to the left to visit Fermain Bay, in the rear of which is a pretty glen leading into the interior. We continue our journey past St. Martin's Mill towards Forest, and then turning to the left by Forest Church, we make for the coast line once more to view the Gouffre, a natural ravine of great depth. Returning to the village, we proceed along the Plaisance Road until we reach the Forest Mill, and, taking the road to the left facing it, proceed by Torteval and Pleinmont Roads to the latter



place, which is famed for its grand rock scenery. Whilst here, also, one may take a stroll to the precipitous Gull's Rock, inhabited by these birds. Turning to the right, we

make for Rocquaine Bay, at the north end of which is Lilion Island, a most interesting spot, containing ruins of monastic buildings, and connected by a causeway seven hundred yards long. On the opposite side of the point is L'Eree Bay, close to which is a fine dolmen and the ancient chapel of St. Appoline. Our way now lies along the coast to Gobo Bay, a favourite resort for bathers, and right on to L'Aucresse Common, which is seven miles distant from Richmond Barracks. Here the horse races are held, and several fine cromlechs or Druidical altars may be seen. Taking the Les Clotures Road, we soon reach Bordeaux Harbour, an interesting spot for the zoologist. A little farther south is Vale Castle, supposed to have been built in the tenth century by French monks. Continuing through the village of St. Sampson, and past the Saumarez monument, erected in memory of the late admiral, we follow the electric tramway back to St. Peter's Port. The chief point of interest on the way home is the Chateau des Marais, or Ivy Castle, which stands back from the main road by the Belle



Druid Temple, Rocquaine Bay

Greve, and is said to have been erected by Robert, Duke of Normandy, in the ninth century.

Whilst staying in Guernsey, a visit to the island of Sark, which is nine miles distant, should be made, if only to visit the remarkable causeway known as La Coupee, which connects Great and Little Sark. This road-

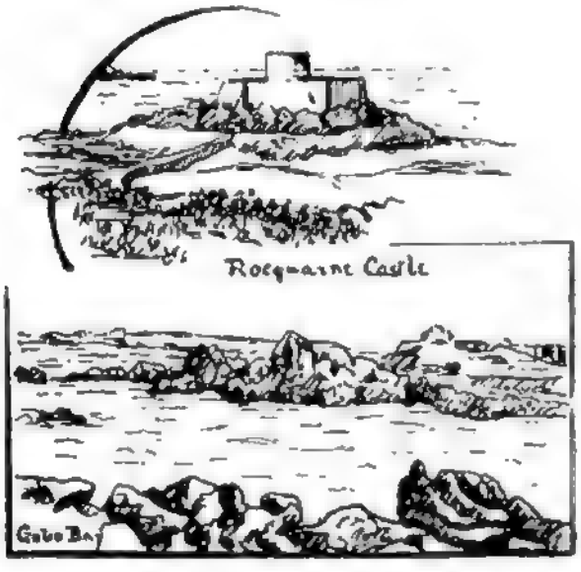
way is some three hundred feet above sea level, and only about six feet wide, with bays on either side. Very pretty and interesting, too, is the scenery around Creux Harbour, the road from which is through a tunnel. Near by is the Creux de Derrible, a natural shaft opening into a field, and communicating with the sea below, through which the tide rushes, causing the foam to rise in huge sprays. The Seigneurie, situate on the western side of the island, is a fine building, and occupies the site of the church or monastery of St. Magloire. On the battery is a cannon presented by Queen Elizabeth to the first Seigneur of Sark in 1573. It is interesting to note that although the population is over 600, there is only one constable, and no paid police.

RIDE No. 8.

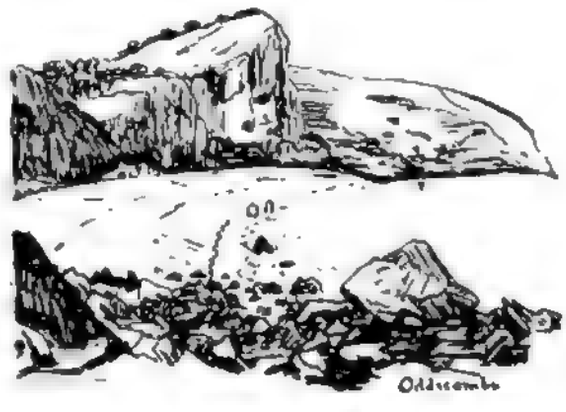
Torquay and Brixham.

A ride in lovely Devonshire, selecting Torquay for our starting point. As all are probably aware, hills are numerous, and many of them very stiff, but from the summits the view to be obtained, to use a well-worn phrase, baffles description. Beacon Hill, which, by the way, we have to negotiate in the course of our ride, especially offers a magnificent prospect over sea and land, but

really at almost every turn one encounters fresh beauties in the surrounding scenery, of which space will prevent but a passing notice here. Leaving Torquay Harbour, with its



quaint natural arch, our way takes us past the post office, up hill for some distance; in fact, nearly all the way to Babbicombe is on the up gradient. Less than a mile from our starting point we will turn off to the right for a short distance to view the wonderful cave known as Kent's Hole. In Pohwhele's "History of Devonshire," published in 1797, is a long description of these interesting excavations, from which it is apparent that the immense caverns were then abounding with stalactites. He gives the measurements of the cavern as 682 feet. Returning to the main road, we soon reach that portion overlooking Anstis Cove, whence it is but a short run to Babbicombe. Here we will pause for a time to view the splendid scenery around the adjoining bays of Babbicombe and Oddicombe, and then continuing our journey, bear to the left through Barton towards King's Kerwell. At Luccombe, however, we turn off to the left, and, after about three miles of winding road through grand scenery, we join the main route to Newton Abbot a little below Whilboro'. Here, turning to the left, we have a short distance to traverse before reaching Cockington, at which place we are only a little more than a mile from our starting point. The chief points of interest are the woods and the fine old church, which contains an ancient carved screen and octagonal font. From here our way lies through Marldon to Brixham, encountering en route part of Beacon Hill, already mentioned above, and Primley Hill. From Brixham a fine view is obtainable across the bay to Torquay, and should the trawlers be in, the scene by the quay is a most animated one. On the pier, protected by an iron railing, is the stone on which the Prince of Orange is said to have first set foot on landing on November 5, 1688. The mode of auction on the quay is peculiar, the lots being knocked down by the dropping of a stone. Returning by way of Churston Ferrers, we take either of the roads bearing to the left, both of which lead to Goodrington, and thence on to Paignton, which is rapidly becoming a suburb of Torquay. Adjoining the churchyard are some remains of the bishop's palace, including the 14th century tower, whilst in the church itself are many interesting sights. There is an old carved and painted pulpit, whilst on the wall of the Kirkham chapel is an escutcheon with this inscription: "Here lyeth the heart and bowels of the most honourable and most worthy and high esteemed John Snelin, Rear Admiral of Holland and West Friesland, who dyed the XXIII. of August, MDCXCI.'



From Paignton we proceed along the road skirting Tor Bay, and are soon back at our starting point, after covering in all about thirty-five miles.

RIDE No. 9.

To Chertsey and Staines (35 miles).

To lovers of scenery no more delightful spins can be had within reasonable distance of the metropolis than are to be found in the beautiful valley of the Thames, and whichever route one takes will be found teeming with good things. It is also one of the districts where it is advisable to start as near as possible to town in order not to miss anything of interest. For this purpose we will make Putney Bridge our starting point, and crossing to the Surrey side, we pass the church in which Oliver Cromwell was wont to hold his councils of war. Continuing up the High Street, we turn to the right along the Kingston Road. Soon we reach the Green Man, built on the site of the birthplace of Thomas Cromwell, Wolsey's great successor, and a little farther on, down a turning to the left, is another house with a story. This is the Telegraph Arms, so named from the semaphore erected there, one of a series to warn London of Napoleon's arrival on English soil. The place was also the scene of a famous duel. Having crossed Putney Heath, and proceeding along the vale by

Kingston Park, we are soon in Kingston, once the capital of England. The chief street still contains evidence of the town's antiquity. On the right, past the church, is St. Mary's Chapel, the place where Ethelred was crowned by St. Dunstan in 979, whilst where the roads meet is the old coronation stone. Bearing to the right, we cross Kings-

ton Bridge into Middlesex, and turning to the left, pass between Hampton Court Park and Bushey Park.

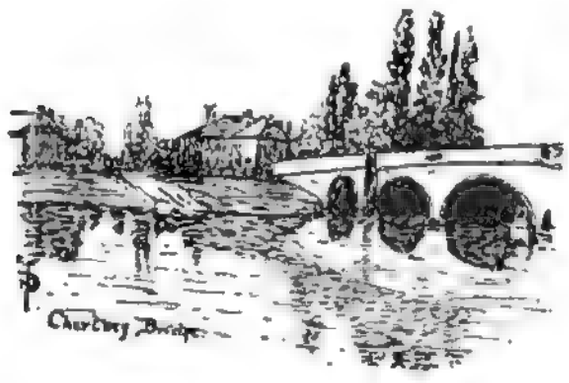
After leaving Hampton we proceed, over a rather poor road, to the left for Sunbury, a village prettily situate on the banks of the Thames. Passing through Halliford and Shepperton, we recross the river into Surrey once more, and are in Chertsey. Turning to the right through the town, a winding road of about three and a half miles takes us towards Staines, which is about twenty miles from our starting point. Before reaching this place, however, we turn sharply to the right, and yet again cross the river. A brief rest, and then we continue through the town and along a level road to Bedfont, where in front of the church are some curiously-clipped yew trees. Three and a half miles farther on is Hounslow, and for the remainder of the journey the roads vary considerably, being chiefly on the poor side. Leaving Sion House on the right, we pass through Brentford, where wood surface roads commence. Through Turnham Green and Hammersmith we now bear to the right, and are soon at our starting point once more, having covered in all abouty thirty-five miles.

RIDE No. 10.

To Marlow, Henley and Maidenhead (65 miles).

To escape the traffic, it is advisable to take train out some distance, Acton perhaps having the most accessible stations, although

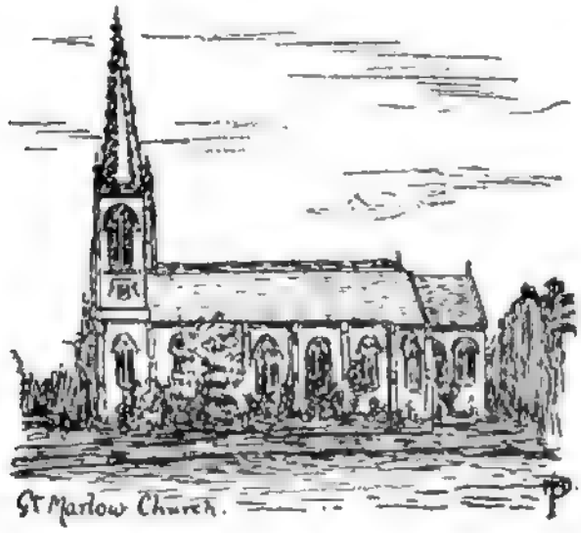
any of those near are equally as good for our purpose. Having reached the main road to Uxbridge, our way to that town is up a steady gradient through Ealing, Hanwell, and



Southall. The surface until after Ealing is left behind is very poor, and then none too good for some distance, but after quitting Southall the roads improve rapidly. Having passed the village of Hayes on our left, we are soon in Hillingdon, whence a run of about a mile down hill takes us into Uxbridge. Continuing along the High Street, at the end of the town we pass the old warrant house on the left. Then over a couple of bridges spanning branches of the river Colne, and we are in Buckinghamshire. The next nine miles to Beaconsfield are traversed over undulating roads through some pretty country. The only hamlet passed en route is Gerrard's Cross, situate on the side of an extensive heath, with its quaint church, erected as a memorial in 1859 by the Misses Reid to their brother, who for many years sat as M.P. for Windsor. The building is of coloured brick, and is a modern adaptation of Lombard architecture. On the left, by the post office (!), are the gates of Bulstrode Park. About a mile farther on and we enter the wide street of Beaconsfield, having thus far covered nearly twenty miles. In the church is a curious incised slab to Thomas Waller and his wife, dated 1626-7, whilst in the churchyard, beneath an old walnut tree, are buried the remains of Edmund Waller, the poet-lover of Sacharissa, who died in 1687. Leaving this interesting village, we have a quick run down, and, taking the second turning to the left, proceed by the road as indicated to Little Marlow, which at one time contained a small Benedictine nunnery, founded in the reign of Henry II. Barely two miles farther on is Great Marlow, where pleasantly situated is the parish church, a modern edifice erected in the place of a fine old building in which the Parliamentary soldiers were quartered in 1642. Leaving the handsome suspension bridge, erected at a cost of £20,000, on our left, a winding road takes us to Mendenham, where in a pretty and secluded spot close by the river are the remains of the Abbey, which, although considerably patched up and added to, are still very picturesque. The Franciscans who occupied the Abbey always slept in cradles, and a fragment of the cradle of Wilkes, who was one of the members, is still shown as a relic. We now follow the course of the river round a big curve to the left, past Fawley Court, into Henley, where we will rest awhile, having come about thirty miles. Should we choose to visit the Red Lion, close to the bridge, some lines written by Shenstone on a pane of glass in a parlour window are to be seen. A conspicuous object is the lofty square tower of the parish church, said to have been built by Wolsey.

Here the famous Jack Ogle (who lived during the reigns of Charles II. and James II.) is buried. Leaving the town by the handsome bridge, built in 1786, from which the famous

Henley course and Fawley Island can be seen on the left, we make for Hurley, a picturesque village with several old timber houses. The church was founded in 1086, and still retains its Norman west end. Leaving this also on our left, we bear to the right at the junction of the Bisham and Maidenhead roads for the latter town. Here in July, 1647, at the Greyhound Inn, Charles I., after several years' separation, was allowed to meet his three children. Passing the toll gate, we cross the Thames once more, stopping to get a view of the lovely river scenery around Taplow. Proceeding under the railway bridge, past Taplow Station, we follow the G.W.R. for some distance, and, as we near Slough, a splendid view of Windsor Castle away on the right is obtained. Passing through the main street of the town which was the birthplace of Sir F. W. Herschell, the celebrated astronomer, and the place where he made most of his discoveries, four miles farther on we reach Colnbrook, supposed to be the Ad Pontes of Antoninus, but the only interest of the place is the connection of Milton with its vicinity. We now enter the county of Middlesex, some half dozen bridges over branches of the river



Colne marking the boundary. As we proceed to Hounslow over what was once Hounslow Heath, a favourite hunting ground of the highwaymen of the last century, we pass a relic of the old times. Near to Harlington Corner stands a hostelry known as the "Old Magpies," where, close by, three highwaymen were gibbeted for the robbery and murder of

Mr. Mellish in 1798. Continuing through Hounslow, we notice the large gates of Sion House on the right, and then are soon in Brentford. Leaving the road to Kew Bridge on our right, we make for Gunnersbury, where it will be advisable to dismount and finish our journey by rail, having covered in all about sixty-five miles.

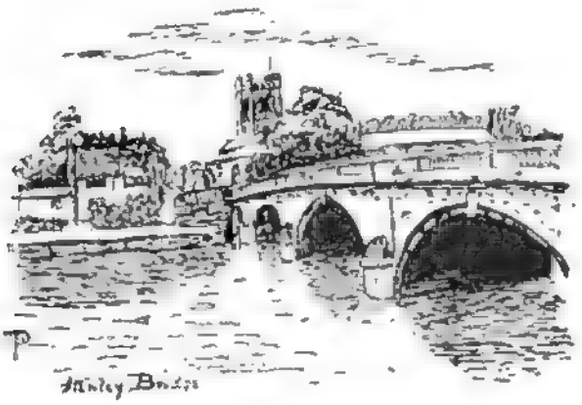
RIDE No. 11.

To Chertsey and Weybridge (40 miles).

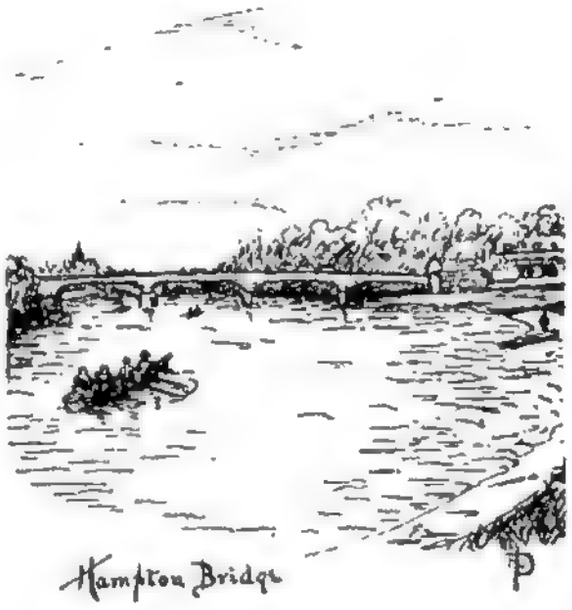
There is another capital spin in the region of the Thames, which presents many interesting features.

For the purpose of our journey we take train to Richmond, which is accessible from most parts of the metropolis, and leaving the station, proceed through the town, and crossing the bridge on the right take the first turning to the left on the Middlesex side, making for Twickenham. Here in the old church and churchyard of St. Mary have been interred many notable persons, amongst whom are Admiral Byron, Sir Godfrey Kneller, the poet Pope, first Baron Berkeley of Stratton, and Mrs. Kitty Clive, the actress. Continuing through the straggling and narrow main street,

in which, when the gentleman who sees to the watering has been along, it behoves one to be careful of slips, as the road is rough, we make our way to Teddington, where in



the churchyard are buried the remains of another famous actress, viz., Peg Woffington, and also Mr. John Walter, the founder of the *Times*. At the western extremity of the village we enter the beautiful avenue of chestnuts in Bushey Purk, where the deer may be seen browsing on either side, and proceeding to the opposite end, where at the gates we bear to the right. Then skirting Hampton Green, and leaving Hampton Bridge on our left, we continue through the village, passing the large waterworks, and so on to Sunbury. The roads hereabouts are by no means good; indeed, in places might almost be termed execrable, but we are soon over them and on our way to Halliford and Shepperton, two villages right on the bank of the Thames, and adjoining each other. The latter hamlet is very interesting, dating as it does back to Domesday, when it was known as Scepertone. An oak canoe twelve feet long was found near the river in 1812, and many relics of ancient British, Roman, and Saxon times have been discovered in the neighbourhood. Proceeding on our way towards Chertsey, we turn to the right before reaching the bridge at a junction where the signpost is almost hidden in the foliage, a winding road taking us to Laleham, a very picturesque place. The church, the tower of which, erected in the time of George I., is completely covered with ivy, is a very ancient building, and contains some fine old Norman pillars and arches. Matthew Arnold, the poet, is buried in the churchyard, and the village was the residence, during her childhood, of Donna Maria, the second Queen of Portugal. Taking the road by the church, we turn to the left, and make our way to Staines, where we cross the bridge into Surrey. By the side of the bridge we turn to the left, and proceed to Chertsey, another ancient town. Here, in 666, a great monastery was founded, which, after experiencing many vicissitudes, was totally destroyed in 1538. In the tower of the parish church is a bell over five hundred years old, which was tolled for the interment of Henry VI. Taking the road to the right by the church, we pass Cowley House, where the poet Cowley died, and make our way to Ottershaw, three miles from Chertsey. From here it is an undulating road to Addlestone. This place is famous for a gigantic oak, known as the Crouch oak, which is said to have marked one of the boundaries of Windsor Forest. This tree is



twenty-four feet in girth two feet from the ground, and it is a tradition that Wickcliffe preached under it, and Queen Elizabeth is said to have dined beneath its shadow.

Crossing the River Wey, we make our way to Weybridge. Here on the village green, is a column (erected in memory of the late Duchess of York, who died 1820), part of which was the original column of the "Seven Dials" in London. Taking the road to the right in the centre of the main street, we pass through Oatlands Park to Walton-on-Thames. The church at Walton is the chief point of interest. It contains some curious monuments, and a "Gossip's Bridle," dated 1633, inscribed—

"Chester presents Walton with a bridle,
To curb women's tongues that talk too idle."

As we proceed towards Molesey, we pass Hurst Park Racecourse on our left, and crossing over Hampton Bridge to Hampton Court, which is too well known to need description, we are soon at the entrance of Bushey Park again. Returning by the same road as we started, we arrive in Richmond once more, the ride having been one of about forty miles.

THE MUSCLE MOVEMENT.

The Physical Culture Craze recalls the Aesthetic Movement, so widely has it spread. But what a wide gulf separates the two!—*Daily Paper.*

The limp and lank and pale young man
Has vanished from the social world;
The knee-breeched youth with sage-green tie,
And lengthy hair absurdly curled,
Who looked "intense" and was an ass,
Has gone like some nocturnal ghost;
Now biceps are the passing craze,
And giant muscles rule the roast.

Instead of penning flimsy poems
Concerning flabby, floppy folks,
Or daubing pictures which, alas!
Were huge (though unintended) jokes.
The modern youth, from morn to eve,
Lifts bars and bells, for 'tis his boast
To be a Strong Man in these days
When giant muscles rule the roast.

He worships at the Sandow shrine,
His feats he tries to emulate:
To him the great god, Strength, is all
He lives for, thinks of, early—late.
A bulging arm, a spreading chest,
For these he yearns and strives the most
Beauty is naught; big biceps all,
When giant muscles rule the roast.

—*The Pelican.*

The Premier and Physique.

ADDRESSING the members of the British Association at Cambridge, the Right Hon. A. J. Balfour, the President, took part in the discussion on the subjects of "Anthropometric Investigation" and the "Physical Condition of the People." The former subject was opened by Mr. J. Gray, who read the report of the Committee for Anthropmetric Investigation in Great Britain and Ireland, and referred to recommendations in last year's report of the committee—that steps should be taken to establish an anthropometric bureau, with the view of organizing continuous anthropometric work throughout the British Isles, which recently acquired a new interest from the appointment during the past year of a Privy Council Committee to inquire into the question of alleged physical deterioration of the people. The Chairman and Secretary of the British Association Committee had by request submitted a scheme, of which the framework was that there should be an honorary consultative committee, a bureau, and a body of surveyors or measurers. The central bureau should be established in London, and should be organized as a committee of the Privy Council. There would be a statistical department in the bureau, and there would be a body of male and female surveyors or measurers.

Professor D. J Cunningham next addressed the meeting on the physical deterioration of the people, and said that the description of the Government report as "epoch-making" was fully justified. He had never read a document of such real value to the British race, and of such vast importance in respect of the solution of many of the social problems of our time. There seemed to be a general and marked deterioration affecting the whole people in one respect—namely, the teeth; and he condemned the fashion that, by its decree concerning tight lacing (though neither had recently greatly improved in this respect), had accused Nature of committing a blunder, and had interfered with the mechanism of the whole body by boots so shaped as to throw the weight of the body, not on the big toe, but on the middle of the foot. It seemed also that structural changes were being very slowly evolved in an increase of the volume of the brain and a consequent slow process of shortening of the jaws that prevented the growth and development of the wisdom teeth. The higher educational training of women was still in its experimental stage, and its results on physical condition could not yet be ascertained. But it seemed clear that there was a very marked improvement of physique amongst women of the upper and middle classes, for in the middle and latter half of the 18th century the women of those classes were certainly vastly inferior in physical condition to those of the present day.

Dr. F. C. Shrubsall delivered an interesting address, aided by lantern slides, giving a comparison of the physical characters of hospital patients with those of healthy individuals from the same areas, with suggestions as to the influence of selection by disease on the constitution of city populations. From a very large number of tabulated observations his conclusions were that blonde type persons suffered more than those of brunette type from disorders of a rheumatic nature, such as tonsilitis, acute rheumatism, and heart disease, while the reverse was the case with pulmonary tuberculosis, nervous disorders, particularly epilepsy and cancer, and furthermore, that disease during childhood fell more heavily on the fair element.

Mr. J. Gray next read a paper on "An Anthropometric Survey: its Utility to Science

and to the State," in which he outlined the scheme that had been presented to the Privy Council Committee, by which, he said, the public would be warned in time, and degeneration might be arrested before it was too late.

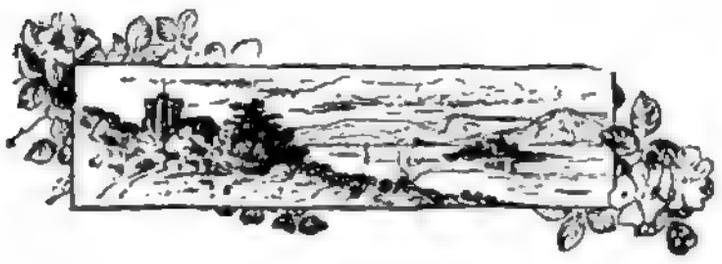
The Rt. Hon. A. J. Balfour, in opening the discussion, said that in considering this all-important question of the physical condition of the people it was necessary always to bear in mind that one must divide the causes that produced temporary effects and those more insidious and more serious causes—if there were any such—that tended to produce permanent effects. As to the first set of causes, in the front rank was that rather vague collection of causes comprised in the phrase "town life." The food and the education of the people were better than formerly, and therefore, except for the counteracting effects of this "town life," the race ought to be improving. What, then, was the difference between the effect of town life on a factory hand and country life on a factory hand working equally long and then going home to lodgings and living practically in the same way as the town factory hand? Was there any difference? He (Mr. Balfour) had been brought up in the country—a small corner of the Lowlands south of the Firth of Forth, where the largest specimens of the English race were or had been produced, and he remembered in those days that the agricultural labourer and his family—a big family very often—lived in one small cottage, or even in one room. Yet there was no deterioration. Was it the fresh air surrounding them that counteracted the natural tendency to deteriorate? The question he desired to put was: Was it wholly a question of ventilation, or was it the freshness of air and its beneficial effects? He presumed it was this effect of fresh air, for ventilation could be had in the towns, and the food of an ordinary urban population was better than that of a rural population. Next, as to the causes that seemed to, or might, produce permanent effects? If some of the modern theories of heredity—Weismann's theory, for example—were true, then it was only by some complete elimination of a permanent characteristic that the race could be affected. Three points of interest occurred to him in this connection. First, the progeny of every man who won his way from the lowest ranks into the middle class was likely to diminish because of later marriages in that class. Hence it seemed that, as the State so contrived education as to allow this "rising" from a lower to an upper class, by so much did it do something to diminish the actual quality of the breed. It was, of course, not an argument against the State's attitude towards education in this respect, but there was, or seemed to be, no escape from the rather melancholy conclusion that everything done towards opening up careers to those of the lower classes did something towards the deterioration of that race. Secondly, town life, as Dr. Shrubsall had apparently proved, seemed to encourage a dark-haired populalion and to discourage a light-haired population, or, in other words, the gradual increase of dark-haired people in towns; and this must have its effect in altering the qualities of the people, in that it tended to accentuate those characteristics we have derived from the dark-haired progenitors of our composite race at the expense of those derived from our fair-haired and fair-eyed ancestors. That the change would be of great importance could not be denied. Thirdly, it was no doubt the most energetic part of our rural population that drifted into the towns and cities, and constituted the great drain of population citywards; and if this continued, thus throwing upon the less energetic part left in the rural districts the greater part of the burden of continuing the race, the consequent deterioration of the race could not but be a permanent effect. This reasoning certainly was not reassurring. In conclusion, Mr. Balfour said that after the Legislature had done what it could in respect of improving drainage systems, ventilating schools, and diminishing overcrowding, he feared that the larger questions would not have been touched,

for the essential difference between town and country life would still be left. He feared that no legislation was likely to modify the permanent causes by which not merely the well-being of this or the next generation was affected, but which concerned the actual quality of the race.

Sir John Gorst said it was the duty of every patriotic Englishman to do his best to remove those causes so deleterious to the generation now growing up.

Professor Rudolfo Livi, of Rome, Director of the Italian Military Survey, congratulated the Committee on its far-reaching scheme. England, he considered, was favoured in respect of physique, because there the extremes of social conditions were much less than elsewhere.

Professor A. Macalister urged that all measurements and statistics should be upon a large and complete scale, for, from his experience statistics, unless based upon a large area and a wide scale of data, were extremely fallacious and misleading.



A Few Physiological Thoughts Concerning Prolonged Swimming.

By an M.D.

WHEN we consider that, during such feats as the recent attempted swims across the channel, the skin, which, under ordinary circumstances, performs a great work for the well-being of the body, is thrown out of gear for many hours during immersion, we are led to the conclusion that for the performance of so great a task special physical qualities are necessary in a swimmer to attain complete success. The culture of all the muscles used in swimming to the highest pitch of development, in itself, though, of course, an important factor, is not the only physical quality required. It is obvious that there are hundreds of athletes in various branches of sport who could stand the strain of constant muscular effort without ceasing—for say 24 hours or more—without showing any inordinate fatigue or suffering from collapse. In a haphazard way we have come to classify, in many pastimes, men whom we consider from their physique who will excel in certain branches of athletics, or in certain positions in the field of sport. The build of a sprinter such as the erstwhile champion Wood is well known. The stature and weights of half-milers and milers such as George and Snook need no comment. The pattern of cross-country runners is embodied in Shrubb. The jockey is chosen for his lightness, combined with other attributes. We recognize the massive Rugby forward, the diminutive half-back, the long reach of the Association goalkeeper, the high delivery of a Bosanquet. Innumerable instances could be given in which it could be shown that certain physical advantages are possessed by those who achieve distinction in various pastimes. Where is now the long-legged biped who rode the high machine in the old days? Is he as successful a cyclist on the modern safety? Thousands of athletes endeavour and aspire to surpass the records of past champions who are physically unsuited for the task their vaulting ambition has set them. Much pluck is misdirected, time and energy wasted through lack of knowledge. Day by day the observations of science are being applied to the pursuit of sport. Guns are manufactured for proper alignment in cases where one eye has greater power than the other. Did we but extend our scientific investigations to the measurements of the limbs and trunk of the human body, minutely recording the comparative measurements and other details, it would not be surprising if we learned that for excellence in various branches of sport certain essential anatomical requirements were absolutely indispensable. For example, we know very well that the length of the heel bone of the foot greatly varies in individuals; this means that the distance from the ankle-joint to the tip of the heel is longer or shorter. In those who possess a short heel bone, the foot will be capable of greater rapidity of movement. Those endowed with a long heel bone would be slower in movements of the foot, but would have greater strength. Before we can predict what men are capable of, or classify them with full confidence for certain athletic tasks, at present we have only a trying and penalty-

paying experience to guide us. Does not an unexploited branch of science open out before us? Are we not often ourselves conscious that we are unsuited to particular feats of endurance? A common current expression is, "I am not built that way." There is undoubted truth in this; men are not all built alike. There obtains an inherent wish in man to overcome "the blindness of the future." The parents and schoolmaster observe the trend of a child's natural gifts and tastes. See how the questionable sciences, phrenology and palmistry, flourish! To return after a somewhat lengthy preamble to swimming, in no sport is the aid of science so important in the choice from its votaries of a likely long-distance champion. A swim across the channel is not only a test of muscular endurance; indeed, we might place this physical power low on a list of tests—it tries the capacity of the lungs to the utmost, the excretory processes of the kidneys, and, greatest and most important of all, the bodily resistance to cold. The human body in health maintains through its self-regulating action a constant—nearly even—temperature. The skin is the great regulator: it is fitted to withstand the most extreme changes of temperature *in air*. So great is its activity that, with the aid of proper clothing and diet, the body keeps at the same temperature whether we are exploring in Arctic or tropical regions. But the skin cannot contend against changes of temperature *in water* to any great degree. It is well known that if the surface of the body of an animal, such as a cat, be varnished, after a time the animal dies. It was the custom in the days of Queen Elizabeth to give, in pageants, allegorical living tableaux, and it is on record that a child whose skin was covered with gold leaf to represent Cupid, nearly succumbed, as a result of the encasing process. How essential, it will be readily seen, it is that the skin should be free to perform its all important function.

What work does the skin perform? Besides clothing and protecting the underlying structures from injury, it is a sense organ—sense of touch. It also, by the dilatation and contraction of its blood vessels, together with the evaporation of its excretion—perspiration, sweat—regulates the temperature. Perspiration is excreted by the skin to the extent of about 30 ozs. (1½ pints) a day, but under exceptional circumstances, muscular exercises, etc., that amount may be excreted in an hour. This excretion is given off insensibly or sensibly; in the latter fashion it collects on the surface of the skin and is familiar to us all as "sweat," besides water perspiration contains a certain quantity of carbonic acid and solid waste products.

To understand how body heat is regulated we must know that heat is generated throughout the body wherever chemical changes take place, and the greatest production of heat is liberated when muscle is in action. As has been stated, the temperature remains nearly constant in all climates, and, of course, in different seasons. It has been indicated how *heat is gained* by chemical changes. Another factor must be at work to *lose heat*, and thus keep the body temperature even. Heat is lost by means of the skin, evaporation of perspiration, radiation, and conduction. Also through the lungs and kidneys. The amount of heat lost by the skin depends upon the quantity of blood which courses through the blood vessels near the surface of the body, the more blood that is near the surface the more heat is lost. If, however, the body is exposed to cold the blood is driven to the interior of the body and less heat is lost. But when the body is subjected to continual cold, especially if the medium be water, a lowering of temperature gradually extends to the internal organs and the blood circulating in them. Now here is an important point for swimmers. Beneath the skin is a layer of fat, more pronounced in some individuals than others. This layer of fat acts as a non-conductor and preserves the body, up to a point, when prolonged by exposure to cold, from falling below the normal even temperature, sufficient importance is frequently not directed to this non-conducting layer of subcutaneous fat. If a cold bath is taken, the blood near the surface of the body is driven to the interior,

and if the stay in the bath is not long it is followed by a healthy reaction: there is a glow and a feeling of warmth in the skin; if, however, the stay in the bath is too long, there is no reaction, and a depressing effect is produced. It will be clear that an excessively prolonged immersion of the body in such a feat as an attempt to cross the channel must, from the effect of cold, cause intense depression of the vital functions. Added to this, what becomes of the water and other waste products eliminated usually by the skin? The lungs and kidneys together have to share the work in getting rid of the material. The kidneys must be perfectly healthy and capable of combating with the extra work imposed upon them and also in excreting the additional waste products produced by the excessive muscular exertion demanded in long-distance swimming; the swimmer must possess an incomparable chest with huge lung capacity for extra work. It is a fact worthy of note that the body cools more rapidly in running water than in still; of course, the progression of the swimmer induces a similar condition as when exposed to running water.

Were we set the task of selecting a probably successful cross-channel swimmer, we should take Captain Webb as a pattern; a man of somewhat below the average in height, having in proportion to his size a more than magnificent chest of huge lung capacity, rounded body and limbs. *A thick layer of superficial fat* (*subcutaneous*), and beneath this a superb muscular development. Having found the man, training must not rob him of the all-important non-conducting fat.

The virtue of greasing the surface of the body lies in its non-conducting power. Animal fat should be used. Certain oils are absorbent.

THE STRONG MAN.

He shapes the spheres to suit his ends
  Who hath a muse for every mood,
Who in himself hath many friends
  And finds in crowds his solitude.

He asks no change of scene or clime
  Nor heeds the lure of alien lands;
His hours for him are all of time:
  His universe is where he stands.

His force doth like the forest grow;
  His tenderness as sunshine thrills:
His calm desires like rivers flow;
  His hopes are as the mighty hills.

Serene through tempest and through tide
  His heart is as the ocean deeps,
And where eternal laws abide
  His soul a starry vigil keeps.

Daily Express.

The Jap as Juggler.

Photos by Campbell and Gray.

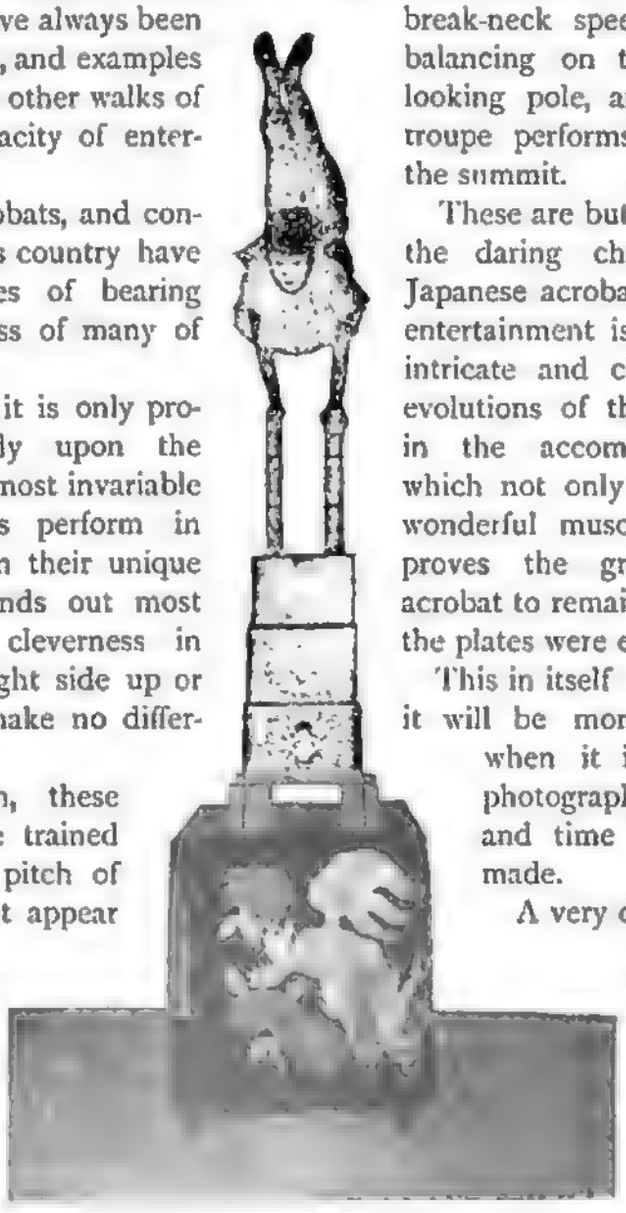
JUST now our little friend in the Far East is creating amongst us a considerable feeling of enthusiasm by reason of his great tenacity of purpose, dexterity and resource in the more serious business of warfare. These traits have always been characteristics of the Jap, and examples are frequently with us in other walks of life, notably in the capacity of entertainer.

Japs as tumblers, acrobats, and conjurors the people in this country have had many opportunities of bearing witness to the cleverness of many of these entertainers.

In this short article it is only proposed to touch briefly upon the acrobatical side. It is almost invariable that Japanese acrobats perform in troops, but a feature in their unique performances which stands out most prominently is their cleverness in balancing feats—be it right side up or topsy-turvy appears to make no difference to them.

They are able men, these acrobats, for they have trained their limbs to such a pitch of perfection that their feet appear to be quite on a par with their hands.

In what are known as Risley acts they are probably the cleverest exponents, and many of their feats are sufficient to take away one's breath as one watches with fear and trepidation the business of balancing on the feet a number of substantial tubs, whilst one of the younger members of the troupe mounts cleverly to the topmost receptacle, and is there whirled round by the balancer at break-neck speed; and again, whilst balancing on the hip a formidable-looking pole, another member of the troupe performs daring evolutions on the summit.



No. 1.

These are but two examples showing the daring character of what the Japanese acrobats perform. But their entertainment is not only daring, but intricate and clever, as witness the evolutions of the performer depicted in the accompanying photographs, which not only show the performer's wonderful muscular powers, but also proves the great capacity of the acrobat to remain perfectly still whilst the plates were exposed.

This in itself was no mean task, and it will be more readily understood when it is explained that the photographs were taken indoors, and time exposures had to be made.

A very difficult hand-balancing feat is shown in illustration No. 1, wherein the performer, commencing with a small square table as a foundation, places upon it whilst balancing in his hands, a number of wooden boxes; having

successfully negotiated these, comes the more difficult portion of the business, for half a dozen blocks have to be placed end on end. All this naturally takes some considerable time, so that the call on the muscles of the arms, shoulders and back must indeed be great, to say nothing of the strain entailed in maintaining the equilibrium. It is, therefore, no doubt that with a considerable effort the performer is enabled to change his position and bring his feet to rest upon this flimsy castle, but even this is done so neatly that not a single portion of the edifice is disturbed. Even when standing in an upright position it requires considerable dexterity and resource to be able to properly reserve one's balance. To discover this one has only to endeavour to secure a proper balance whilst standing on a couple of bricks placed on end upon the ground. But here we have the performer at a considerable elevation from the ground, and one false move would mean perhaps a serious tumble. But he is far too clever for that. Having attained the upright position, our acrobat proceeds with the performance, and No. 2 shows one of the most difficult feats of all. Securing a forward balance he gradually bends backwards until his head touches his legs at the knee joints, and again, after a pause in this awkward position, he resumes a normal posture apparently without effort. In one-arm balancing also our Jap, as here pictured, also proves a wonder. Upon his table is placed a somewhat firmer pedestal, in order to give more stability and to withstand the greater strain brought upon the foundation by his movements. Having reached the top the performer balances himself on his right arm, and whilst in this position performs a number of difficult movements, of which our photographer is able to record. One of these is that shown in No. 3, where, whilst in a most difficult position the performer sets himself moving in a circle and assumes a considerable momentum, at the same time maintaining his balance in wonderful fashion.

No. 2.

Yet another difficult position is shown in No. 4, wherein the performer's great litheness of limb is very clearly shown, and bears witness of a great amount of careful training which must have been undergone before such a pitch of perfection could have been reached. It is not a little interesting during these days of controversy on the diet question, to find, during an interview with the performer of these marvellous evolutions, that, like most of his brothers and sisters, frugality with regard to meals was the main thing, and that, largely on a vegetable diet, he found himself capable of bringing his muscular powers to the desired pitch.

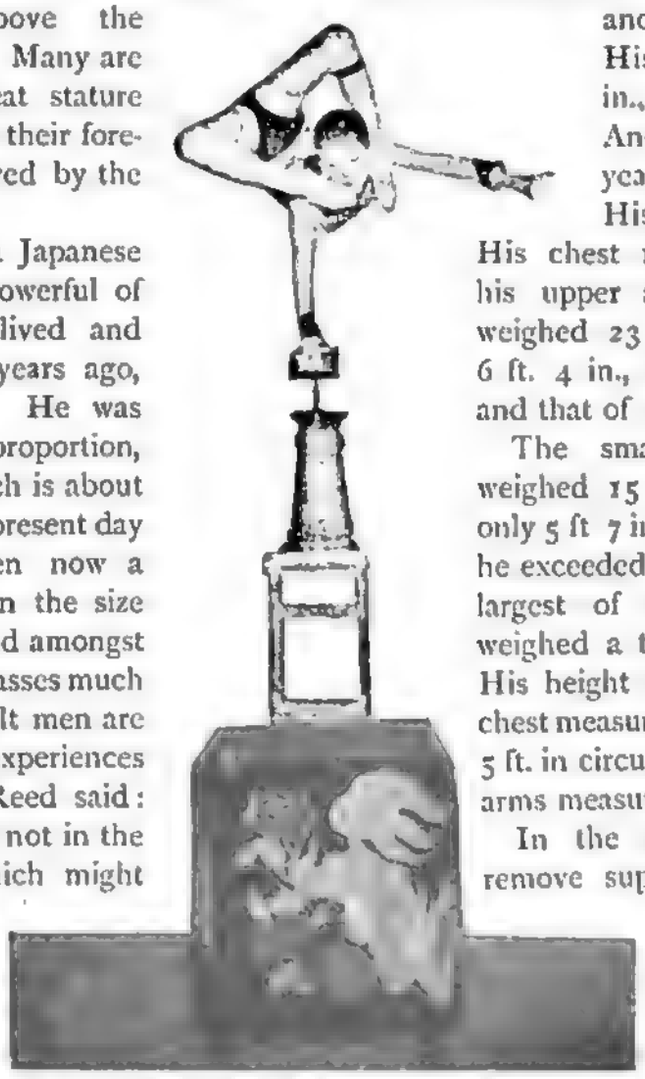
We have always looked upon the Japs as a nation of small men, but some interesting facts proving that the contrary was the rule in the olden days are forthcoming. Commissioner Isoda, an official representative of Japan at the St. Louis Exhibition, whilst discussing the subject with President Roosevelt in Washington, is credited with having made the following statement :—

"My people, the Japanese, are not really a race small in stature by nature; we have simply been applying so much energy to the acquirement of learning and twentieth-century civilization that the present generation is

stunted in growth. Now that we have caught up with the vanguard of the world, we will again devote ourselves to our national system of physical culture, our games and sports, and soon we will have regained the stature we have lost."

Mr. Isoda contends that only half a century has elapsed since the Japanese stature became diminished, and that previously they were above the average race in height. Many are the legends of the great stature and physical strength of their forefathers which are preserved by the Japanese.

Hasheba Hideyoshi, a Japanese warrior, and the most powerful of the feudal lords who lived and fought three hundred years ago, was nearly 6½ ft. tall. He was broad-shouldered in proportion, and weighed 18 st., which is about twice the weight of the present day Japanese warrior. Even now a great difference exists in the size of the various classes, and amongst those of the labouring classes much taller and powerfully-built men are found. Writing of his experiences in 1878, Sir Edward Reed said: "The men of Japan are not in the main the small race which might be inferred from the frequency with which Japanese of low stature and slight structure are seen in England and America. How to account for so many of the student class who have been sent to Europe being so remarkably small I do not know, but in travelling through the interior of the country one may pass through village after village and city after city in which large men are the rule and not the exception. The jinriksha coolies, fishermen, and other outdoor labourers appear to range above the average height and size of Europeans."



No. 3.

The wrestlers, however, have not neglected the ancient system of physical exercise, nor have they lost the stature of their ancestors. A few specimen measurements, taken at random from among the large number of wrestlers represented in a recent convention in Tokyo, will give a forceful idea of the size and weight to which these men attain.

One of average appearance stood 6 ft. 2 in., and had a 53-in. chest. His biceps measured 17 in., and he weighed 21 st. Another—a youth of 22 years—weighed 22 st. His height was 5 ft. 8 in. His chest measured 58 in., and his upper arm 18 in. A third weighed 23 st. His height was 6 ft. 4 in., his chest girth 48 in., and that of his right arm 16½ in.

The smallest of the group weighed 15 st. His height was only 5 ft 7 in., but in lung capacity he exceeded all his fellows. The largest of these modern giants weighed a trifle more than 28 st. His height was 6 ft. 5 in. and his chest measured 59 ins.—practically 5 ft. in circumference. His mighty arms measured 19 in. around.

In the place of training to remove superfluous flesh, as do the athletes of other lands, the wrestlers of Japan eat to put it on. Great size and weight do not appear to interfere with their agility. Instead it is one of the principal means of overcoming an adversary. They do not, however, depend upon it.

So skilful do the wrestlers become after years of training that many of them are expert in more than two hundred different ways of flooring an opponent.

The pastime of wrestling, as practised by these experts, must not be confounded with

jiu-jitsu, the national art of self-defence. Jiu-jitsu is not at all a test of strength, but rather one of dexterity. Through an intimate knowledge of the human anatomy the smallest student of this art is enabled to cripple the biggest unskilled adversary without running any great risk.

Indeed, no fewer than 170 different ways of killing a man are taught by it. Moreover it is not confined to the men alone, but is practised by the women of the land as well. It is not, however, by jiu-jitsu, or even by wrestling, according to Mr. Isoda, that the stature of the Japanese is to be increased. It is by the national system of physical culture in practice a thousand years ago.

No. 4.

Deer-Stalking.

STALKING is exclusive sport, and fortune has comparatively few favourites. That this should be so is only natural, since the monarch of our forest has ceased to be regarded, in the strictest sense of the word, as a wild animal. His preservation costs more than a trifle, and so a big premium is put on his head. This coveted trophy may be put down at anything from £30 upwards—certainly never less. For the privilege of shooting eighty stags in a northern forest, the sum of £3,000 is demanded. The season lasts only six weeks, and on occasions when the stags are unusually wild it is impossible to secure the limit bag within that time—at times it has not been made up by half.

However, with the devotees of the chase this is not a consideration. Stalking appeals to them as being the most fascinating sport we have left us. Besides, it is the most ancient and the most romantic. History affords faint tracings of its beginnings, and we know that necessity lured our forbears after the deer with their long bows. Though to-day the object and the method are changed the sport still retains much of its original character and excitement. And those unwritten laws regarding it are become sacred possessions handed on from sire to son. All the shooting boxes nestling among the lonely glens will soon become centres of life and activity; and there are indications that stalking is being made the excuse for an extra social function. Pleasant little parties will gather to celebrate the feast of the red-deer, and this merry-making will make glad the solitary places that during all the rest of the year have brooded in silence. But it is only in these lonely places where the red-deer is to be found. Though he is monarch of the forest, and can, on occasions, be bold, even to madness, he is by nature and habit a shy and timid monarch. He has little ambition for asserting his rights, and dislikes the intrusion of man, before whose approach he retires away to the Highland fastnesses, where for ten months in the year he browses undisturbed amid the vast solitudes. So zealous are his keepers to protect him from intrusion that they have banished all other living things from his haunts; even the harmless sheep are not permitted to graze near by him. As a result of this, deer forests are become howling wildernesses possessed only by the deer themselves and a few keepers. There is nothing of sylvan romance about them. Instead, they are wild, threatening mountains, gloomy and desolate, defined within low marsh walls. An inexperienced traveller in the Highlands might walk through a score of deer forests without knowing it.

One of the ancient rites associated with this feast of the red-deer demands that stalkers shall be early on the trail. Ere yet the sun has descended into the valley, a little party may be seen leaving the lodge and go winding Indian file along the trail leading away over the hillside. Underfoot the hoar frost crackles neath their tread, and each heather sprig hangs heavy with its moisture, lustrous and bright as a myriad sparkling gems. The clear bracing air sniffs of frost, and the stalkers swing upward with firm steps, exulting in the freedom and the joy of living. Before them go the keepers, behind follow the gillies leading the ponies.

Upward they climb, higher and higher, towards the summit and the sunshine. A herd was sighted near by on the previous evening, and it is hoped that it has not wandered far from the vicinity. At frequent intervals glasses search the slopes and all likely places. At last they halt on a vantage point to make a thorough search. After a short silence the well-trained eyes of the head-keeper discovers something far down to

leeward. It proves to be the herd, but is so small, and in tone so closely resembles the ground colour, that none but an experienced stalker could pick it out. For a few seconds all glasses are trained in the direction. Then after a short consultation the party wheels off by another trail that dips away round the mountain side, coming out again on the other side of their quarry.

There is now trouble in store for the stag in the midst of the herd. Half-a-dozen rifles are closing on him, and he will have to be wary if he will escape. But in all probability he has already survived several seasons, and has benefited by experience. He is no dullard, and the situation is clear as day to him. The warning came to him the moment the first sniff of powder reached his nostrils. It sent the hot blood tingling through his veins; it sharpened his hearing, his sight and his scent. He knew the chase was begun, and he became wildly alert, seldom exposing himself save where he might easily beat a retreat, determined to give the stalkers a desperate hunt after him. And in this he had the advantage. Every yard of all the mountains around was his familiar domain, and he instinctively knew the safe retreats afforded him. Once his watchful eyes discerned danger, or his keen scent warned him of some intrusion, he would be off in the twinkling of an eye, his hinds at his heels, to some haunt where the stalkers could not follow. Thus roused, it would be all but impossible to get a passing glance of him for the rest of that day.

But those who are in pursuit of him are well aware of this, and adopt their tactics to the circumstances. They move stealthily along, seldom exchanging even a whispered word, and climb to a point they fancy will bring them near to their objective. But mountains are deceptive things, as they discover on arrival. Though the herd is within sight, it is yet far out of range. What is even worse, there chances to be an ugly bare shoulder between them and the shelter of some rocks overlooking the herd. It must be negotiated somehow; to do so is one of the most exciting experiences of the chase. It is from this moment that the hunt really begins. Each stalker carefully looks to his rifle, braces himself for the ordeal, and then, falling on hands and knees begins to creep forward. Often he pauses to consider and anxiously watch the movements of the stag, grazing quietly in the midst of his hinds, a perfect picture of proud dignity, beautiful proportion and symmetry. Every eye is focussed on him admiringly, but the admiration is covetousness and a thirsting after his blood; every muscle and nerve is strained in the endeavour to get nearer to him, and the excitement becomes so intense that beads of perspiration stand out on the forehead.

While they are crawling slowly forward the stag pauses to sniff the air suspiciously. Instantly the stalkers squat flat on their bellies. "Has he got the scent?" each asks himself, and waits in an agony of suspense for the answer. No, he is safe yet, for he begins to graze again, and the stalkers, breathing more freely, proceed with greater caution, trailing themselves along the grass serpentwise. Someone chances to set a loose stone rolling down the slope and the herd springs to attention as if by magic. Surely they will rise now! If they do all is lost. There is another painful suspense until at last the deer again settles peaceably, all unconscious of the approaching bullet. Laboriously the stalkers worm their way nearer and nearer until they get within safe range. A guest has been given the preference shot, and as he gets slightly ahead of the party he is almost afraid to breathe, for his nerves are strung to their highest pitch, and he is oblivious to all else save the stag and the rifle within his grasp. A false move, or even the slightest mistake, and all his trouble will have gone for nothing.

But the excitement becomes too keen to hold out long. The range is safe and the end must come soon. It comes, in a hurry too, when at last the stag discovers his danger. Vigorously sniffing the air he sounds

a warning to his hinds and at a bound makes off for the seclusion of his fastness. He is too late, however; it is all up with him. The rifle rings out, the bullet finds its billet in his heart, and in the act of leaping he drops with a dull thud among the heather. As though by magic the hinds vanish leaving their doomed monarch in the throes of death. Round him the excited stalkers gather to relieve their pent-up feelings in a wild hurrah, and witness that last desperate struggle. To them it is life, to the wounded stag it means death. Slowly the convulsions grow feebler, the eyes that some minutes before had sparkled full of life and vigour grow cold and lustreless; a hunting knife releases the fleet, tireless spirit and he stretches out on the blood-stained heather, beautiful in death.

He was a noble creature, as the seventeen points on his shapely antlers prove, and well worth the four hours' stalk it took to bag him. There will be much rejoicing when the gillies lead the carcase home and the incidents of the chase will be gone over again when pipes are lighted and the chairs are drawn close to the cheery log ingle. These doings will become history in the lives of those who took part in the chase, and memory of the conquest will often be revived in later years.

The All-Round Athlete.

By A SPORTSMAN.

IN spite of the absorbing interest in sport and athletics which fills the great majority of Englishmen, the really first-class all-round athlete is somewhat of a rarity. No country in the world possesses so many athletes who, in different branches of athletic games and recreations, have distinguished themselves far above their fellows; but, notwithstanding this, the number of men who stand unrivalled in several forms of sport is peculiarly small. Is there, for instance, a single man in this country to-day who might be considered the equal of the renowned Squire Osbaldeston? What Osbaldeston could not accomplish in the athletic line was hardly worth the trouble of mentioning. When a lad at Eton he was celebrated as the best oarsman, the best cricketer, and the best boxer in the school. As a young man he was recognised as one of the very best half-dozen riders in England; and as a whip, whether with tandem or four-in-hand, he stood unrivalled. At walking—not necessarily road racing, but as a long-distance walker—there was but one man then alive, Captain Horatio Ross, his great friend and equally great rival, who could have equalled him. Osbaldeston was one of the best cricketers in England; at billiards he was far and away superior to any amateur in the country; while his superiority as a shot with either rifle, pistol, or gun, with the one exception of Captain Ross, his admitted equal, remained unchallenged. Many a first-class prize-fighter of the period would have thought twice before engaging in a fistic battle with the accomplished squire, and his fleetness of foot was by no means inconsiderable.

Of course it will be said that such an Admirable Crichton occurs only once in a blue moon, and this may be granted, although it is a curious fact that the squire was one of two contemporary athletes and sportsmen whose all-round capabilities are almost beyond belief, for there were few athletic pastimes at which Captain Ross was not better than most other men of his time except Osbaldeston. Osbaldeston was certainly a marvel, for although scores and scores of men might be mentioned who have shown extraordinary proficiency in a large number of athletic games, there have been none who have possessed so preponderating a superiority in every branch in which they engaged.

There may be—probably are—at the present day men who, at one particular game, could surpass the squire's best performance; but can one be named who, in the variety of athletic sports in which the squire showed his superiority, could even hold their own. That the men of to-day are so infinitely superior to those of seventy years ago that for one to acquire a similar superiority is an impossibility I cannot admit. Appliances in matters athletic have most certainly been improved, but that under similar conditions the men of to-day would beat those of the early Victorian period I am certainly not convinced.

No, the real reason why there exists to-day so few men who stand pre-eminent in several branches of athletics is that competition is

now so extremely keen that every man is forced to become a specialist in one particular branch, and is consequently unable to devote himself to half-a-dozen. It is only by assiduous training of his powers towards the accomplishment of a single specific object that the athletic performer of to-day can hope to obtain the highest honours. Were Shrubb, for instance, to turn his attention for one season to rowing and boxing or shooting, it is more than possible that when he came to take up long-distance running again he would find that he could not hold his own with Aldridge or Pearce.

C. B. Fry is usually quoted by newspaper authorities as the finest all-round athlete in England of the present day on the strength of his Varsity Blue and place in the representative English Socker team, his undoubted excellence as a batsman, and his record long jump. Well, taking things as they are, perhaps Fry deserves the honour thrust upon him; he is certainly one of the best Association footballers, cricketers, and long jumpers in England, but at no one of these sports would the unprejudiced man declare him to be *the* best. Still, it is something, nowadays, to acquire the varied prominence Fry has. Yet a hundred years ago Pro. J. Wilson was as equally good a walker, boxer, and wrestler as is Fry a footballer, cricketer, and jumper; for all that, however, no one ever styled Wilson the premier athlete of England.

As an all-round athlete Donald Dinnie is doubtless deserving of the premier place during the last half century. His many and varied feats are far too well known to require recapitulation. The startling number of victories he won in such different sports as hammer throwing, caber tossing, shot putting, weight lifting, running, leaping, and wrestling have never been, probably never will, be equalled by any man, and Dinnie may well be classed with Squire Osbaldeston as an athletic phenomenon. As with the Squire, so with Dinnie, there was a rival near who, like Captain Ross, is frequently forgotten when the other names are mentioned. Dinnie's rival was—I am glad to see he is still living, and although verging upon the three-score years, would prove a tough handful for many athletes half his age at more than one athletic pastime—J. Miller. It was Miller who, together with a Frenchman, introduced Græco-Roman wrestling into the United States, and to whom more than any other is due the great interest taken in that excellent sport in America. He was the acknowledged champion wrestler of America, the teacher of Muldoon and other since well-known athletes, and the hero of the longest wrestling match—nine hours and several odd minutes—on record. As a boxer, he had few superiors in the States, and no one in that country during the period of his residence there could have defeated him at fencing. He was the finest swordsman in Australia, a most accomplished gymnast, and an excellent swimmer, and as a weight lifter, well, in spite of his years, he would make some of the professional strong men of to-day seem very small potatoes in a trial of genuine English weight-lifting. Both as a short distance and a long endurance walker he had few superiors in his day; seven miles an hour was well within his compass, and he has walked over a hundred miles within the twenty-four hours. Such remarkable versatility and such excellence in every sport with which he identified himself are together sufficient to establish Miller's title to an all-round athletic superiority there would be a difficulty in excelling.

"Captain" J. C. Daly, an Irish American, and one of the best-known performers of a quarter of a century ago, was also a fine all-round athlete. As a wrestler, runner, walker, jumper, weight and hammer thrower, there did not exist more than half-a-dozen men who could beat him in the several events, and probably not more than two in a combination of them. When Miller issued his celebrated challenges to meet any two men in England, three in the United States, or six in Australasia, Daly would certainly have been one of

the men selected in his own country as opponents to the Anglo-Scot.

A few other examples of all-round athletic excellence might be cited, but sufficient have been shown to prove that superiority in more than one or two physical recreations is confined to the athletes of the past. But, as I said before, that such should be is only natural; now-a-days there exists a mania for record breaking, too intense a desire to do a little better than anyone else has hitherto done in one particular direction, which has caused the strenuous competition existing in the athletic world, and forced the man with natural or acquired gifts which enable him to become prominent at any particular sport to specialise on that sport to the detriment of acquiring a more general efficiency. Still, even to-day, in spite of the conditions which operate so unfavourably against a man making a name for himself in more than one branch of athletics, a few—very few, it is true—may be mentioned whose claims to all-round excellence are valid, and we are not reduced to the single example of Mr. C. B. Fry. As a combined swimmer, walker, and cyclist, Montague Holbein has no superior; possibly no equal. Kraenzlein, the American, is a jumper, hurdler, sprint runner, and weight putter of the very highest class. Goodall, the celebrated Derby County player, had—still has—few equals in his department of the Association game, and although his name is not prominent as such in the newspapers, is one of the best men with the gloves, the billiard cue, and heavy dumbbells one would find in a long day's march. Another good all-round man was Mr. Frank Mitchell, who captained the South African cricket team this season; as a cricketer, and particularly as a batsman, he was one of the best in the country, a Rugby footballer of the type not as common now as one would like to see, and, a no mean performer at athletic sports in general, was a first-class weight putter.

Specialism is very good in its way, and it is decidedly flattering to be known as the champion boxer, runner, oarsman or walker, as the case may be, but personally I think it more satisfactory to be, if not an Osbaldeston, a good all-round man, capable of holding one's own in a variety of athletic recreations, than for one's prowess to be confined to a single branch, although a champion at that.

Our Ladies' Pages.

AT the annual distribution of prizes at the Preston Girls' High School, the Chairman, Dr. Hammond, J.P., said he was not quite sure whether in the present day there were not rather too much of examinations and certificates. He thought it was becoming generally acknowledged that the subjects of hygiene and domestic science had been somewhat neglected in the curriculum of their high schools. The question of physical training was of great importance. The old adage, "all work and no play," applied equally to both boys and girls. "I know of nothing," said Dr. Hammond, "that tends better to health and the capacity for work than games regularly and vigorously played; for the development of the mind is unquestionably greatly influenced by the bodily health."

* * *

That a physical training for ladies is necessary is a fact that few will now venture to deny. There are, of course, still some old-fashioned people left who look upon the exponents of physical culture as faddists, their argument generally being that as they did nothing of the sort when they were young, it is therefore unnecessary now. They overlook the fact that 50 or 60 years ago life was entirely different to what it is to-day. Trains, trams, 'buses and innumerable labour-saving household instruments are freely used, where half a century ago such things were unthought of; and therefore if the body is to be kept healthy this deficiency of exercise must be made up in some way. There are also still a few (a very few, we are glad to say) of the Mrs. Grundy element left: these good old sorts think it most improper for ladies to indulge in physical exercises of any sort, and if a gymnasium is mentioned they lift their hands in pious horror. They have but the vaguest idea of the inside aspect of a gymnasium and less still of the exercises indulged in, the prevailing impression amongst these old fogies seeming to be that the instructor aims at turning out a class of formidable Samsons, or a troup of amateur acrobats; and they gloomily prophesy an early breakdown in the health of the student.

This, however, is just the reverse of what

takes place. The results of systematic physical exercises, as taught by any teacher who knows his or her work, are to quicken the circulation and promote a healthy action of the skin, which greatly conduces to good looks. The whole body benefits in a marked degree, and good health, round and shapely limbs, graceful carriage and elastic step are but few of the rewards of those who attend the lessons regularly, and conscientiously carry out the work given by the instructor. The women of Greece and Sparta were noted throughout the world for their beauty of face and form; both were the result of healthy and vigorous exercise. Modern women can obtain the same results. It is really astonishing to see what sacrifices in health a lady will nowadays make to obtain what is considered a fashionable figure. The body is compressed into tightly-fitting corsets, and the required shape is gained at the expense of pallid cheeks, hollow chest and general ill-health. When will women abandon these instruments of torture and assist Nature to restore their naturally graceful figure by taking rational exercise? If sufficient reasons have not already been given for the necessity of a physical education for ladies, there is one more, namely, that they may find a suitable partner for life; for in these days of enlightenment sensible young men pay more attention to a healthy, robust young lady than to one with a pale, sickly face and spider waist.

* * *

The current number of *The Boudoir* contains some excellent advice anent the question of exercise and rest from the pen of a lady doctor, who writes on the subject of "How to Secure Beauty Sleep." Her remarks bear out exactly the contention long made by Mr. Sandow. She says:

It is quite impossible to have a well developed bust if one breathes inefficiently. But the trouble does not end there; Nature intended that the lungs should be whip and incentive to half the other organs; that full inhalation should, by extra-oxygenating the blood, keep the heart in trim and the complexion clear and the brain fit; that the pressure downwards of a full intake should bid the stomach be up and doing, give the abdominal muscles their cue. Self massage of the interior: this follows deep breathing, and without it one must lack much of grace, symmetry and health. Children are being taught this most necessary exercise in the best elementary schools and in a few higher grade schools.

One could wish that the exercises presented in the Report of the Inter-Departmental Committee on the Model Course of Physical Exercises were compulsory, not only in all schools, but in all nurseries. A Blue Book would look curiously in baby's room, but if its behests were observed, it would greatly reduce the ill-health that leads to pneumonia. The exercise presented for infants is that they should imitate the teacher, who is to place the left hand over the pit of the stomach, and note that the hand rises and falls on inhalation and exhalation. Older children are to fill and exhaust the lungs to the words of command. The teacher, starting from the position of attention, should see that all the mouths are firmly shut, then on the command *Breathe In*, instruct the pupils to breathe in slowly and deeply through the nostrils only, until the chest is fully expanded; then, on the command *Breathe Out*, to breathe out quietly and steadily. This exercise should be repeated about ten times; twice (at least) daily. When the exercise has been thoroughly acquired, the slow arm movements should be combined with it—raising the arms above the head slowly as the air is inhaled, and bringing them back to the sides on exhalation. If it is a counsel of perfection to advise adults to engage in this during the day, it should become a habit to utilise odd moments in one's brougham, while the maid is doing one's hair, and the like; it should, at all events, become a lasting all-night habit. The article is, like the remainder of the number, finely illustrated.

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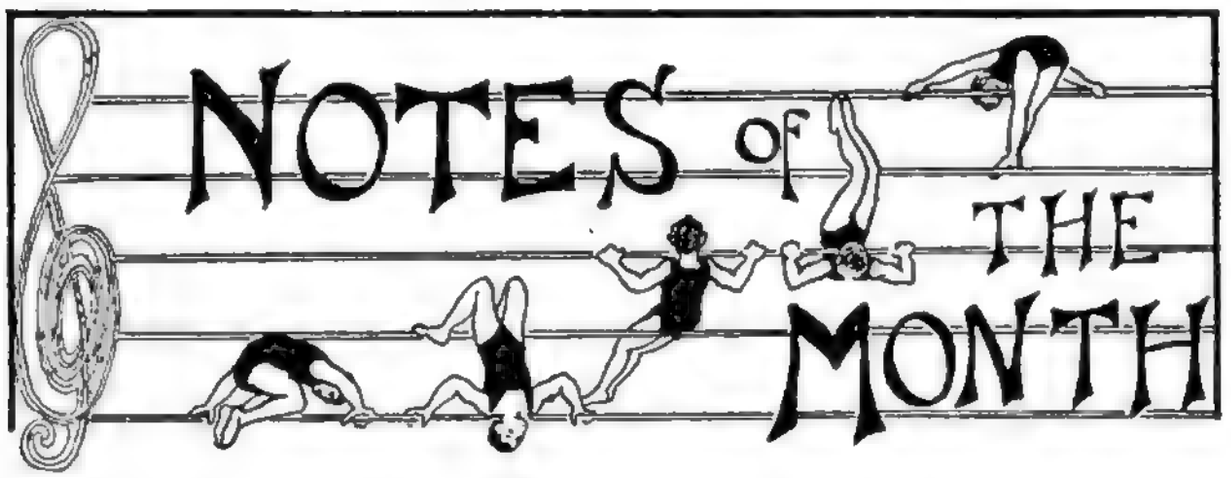

A Mayor and Cleanliness.

The Physical Degeneration Committee took the view that the nations's teeth have deteriorated considerably; but when a proposal was made at a meeting of Elham (Kent) Board of Guardians to supply toothbrushes to the children in cottage homes, the Mayor of Hythe said this was a fad.

Many members of the board, he was certain, did not know what it was to have toothbrushes during forty-five years of their lives. These fads were ruining the stamina of the nation. If children, instead of being pampered with soft foods, were given hard crusts, their teeth and digestive powers would be better.

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The Report on Physical Deterioration.

Mr. Cathcart Wason asked the President of the Local Government Board whether he proposed to take action on the report of the Departmental Committee on Physical Degeneration, with reference to the recommendation that in all towns above a certain size the local authority should establish and maintain an accurate register of owners, and that this practice was one of the first *desiderata* towards dealing with slum property.

Mr. W. Long.—The report of the Departmental Committee on Physical Deterioration has only been issued within the last few days, and the evidence taken by the Committee has not yet been published. I have not at present been able to consider the recommendations made by the Committee, though of course I shall do so. I may, however, say that the particular suggestion to which the hon. member refers is not a new one, and there would be considerable difficulty in giving effect to it.

In the House of Commons Mr. Round asked the President of the Local Government Board whether in view of the alleged physical degeneration of the people, he would take steps to give effect to the recommendations of the Royal Commission on Arsenical Poisoning by appointing a special expert officer to inquire into and advise upon all questions affecting the purity of manufactured or prepared foods, whether of home or foreign origin.

Mr. Long.—I have not at present come to a decision on this subject. The recommendations of the Royal Commission are now receiving my attention, and in connection with them I shall consider the proposal to appoint a special expert officer of the kind suggested.

* * *

School Hygiene.

At the recent Sanitary Congress at Glasgow, Mr. E. W. Brabrook, C.B., F.S.A., read a paper "On the Recording of Observations of Physical Conditions." The information gleaned in the course of an extensive inquiry was that the observations most

important to be made were the most simple ones—height, weight, and chest growth—which when compared would be found exceedingly valuable in tracing the life-history of individuals, and in ascertaining the effect of morbid influences upon them.

CHILDREN'S EYESIGHT.

The need which existed in Glasgow for regular medical inspection of school children was dealt with by Dr. H. Wright Thomson, in the course of a paper on an examination of the eyes of 750 Glasgow School children. School children in Glasgow, the speaker held, were, as far as eyesight was concerned, in a worse condition than those of Edinburgh or Aberdeen; 34·2 per cent. of the 600 Christian children examined were in need of medical ophthalmic treatment, and in the case of the 150 Jewish children, 47·6 per cent. required treatment. In some respects the condition of girls' eyes was slightly worse than that of boys.

GLASGOW *v.* EDINBURGH HEALTH.

Dr. Chalmers submitted comparisons of the height and weight of the children in Glasgow and Edinburgh, which went to show that Glasgow stood unfavourably by the comparison. The figures more or less confirmed the impression which the Anthropometric Committee arrived at years ago, that there were children in towns of corresponding ages who were both smaller in stature and less in weight than those brought up in the country. Touching on physical training, Dr. Chalmers said it was obvious that they must select the children or adapt the exercise to the child.

CLINICAL EXAMINATION OF SCHOOL CHILDREN.

The result of examination of ears, nose, and throat, chest, abdomen, &c., of 750 children in Glasgow formed the subject of a paper by Mr. Alexander H. Edwards, M.B., F.R.C.S. Ed. The physique of the Christian children seemed on the whole considerably better than that of the Jewish, who appeared less robust, although the writer was inclined to believe that were a larger number of each set examined there might be less disease found among the Jews.

Dr. Edwards was unable to be present, and the paper was held as read.

Considerable discussion followed, taken part in, among others, by Mrs. Mason, Glasgow; Councillors Burgess and Miller, Glasgow; Councillor Smith, Birmingham, the latter of whom suggested that if the teachers were expected to make examinations of the children they would have to be something more than an encyclopædia.

Dr. Kerr Lorden said that the principal matter in school hygiene or social hygiene was the teaching of the teacher, even the teaching of the inspectors and the education of the Board of Education.

The general tenor of the discussion in the matter of food was that while there were not many cases of palpable underfeeding, there was a necessity for impressing upon mothers the natural constituents of properly and naturally composed diets.

Councillor Steele, Glasgow, expressed the opinion that the parents, particularly the mothers, ought to be interested to a greater extent in the general education of the children.

A resolution in favour of a regular medical inspection in schools was passed unanimously.

Among other papers submitted was "Muscle and Morality," read by Mr. John C. Kay for J. S. Legge, who was absent.

* * *

Sandow's Life in danger.

Sandow did not tear four packs of cards in half at one time in order to entertain me. He told a story instead.

"My life is in danger," he said.

"How? Why? When?" I asked.

"How? Because I am telling you this story. Why? Because I have been warned not to tell this story. When? The moment you publish the story."

We were sitting in one of Sandow's comfortable London offices, specifically the office

where the business of his "Developer for Physical Culture at Home" is conducted. The strong man waved his hand toward the apparatus.

"There is the secret of all my trouble. One day a visitor sent in his card to me, saying he had important business which could be transacted only with me personally. I sent out word that he would get all information from my assistants.

"Upon receiving my message, however, the visitor walked deliberately up to the door marked 'No admittance,' and thence into my private office. He was tall, lean, lank, and chocolate-coloured, evidently an Oriental.

"'Monsieur Sandow, I you at last have found,' he said. 'I from Constan'nople come. I your system of culture of the physical want. Here the order is.'

"He laid before me a written order for several of my apparatus, to be sent to an address in Turkey.

"'The things for the harem ladies are,' he said. 'The harem ladies no money have. They permitted to have no money are. That all is. Bonjour, monsieur.'

"I threw the paper aside, thinking the man a crank. The next day a note reached me. Here it is. Read it."

I read: "If you a word breathe about sending the sets of apparatus to the wives of my master, my master will learn that you to the business an accessory are, and he an agent will send withforth, to you an end to make. Beware! Obey!"

"The warning bears no address," said Sandow, "so I have not been able to investigate. What will happen now, when all I know of the thing comes out in *Tit-Bits*, I shudder to think."

Yet the man who can lift an automobile containing four passengers smiled and smiled. —*Tit-Bits*.

* * *

Poisoned by Cigarettes.

A case of poisoning by cigarettes was reported from Yorkshire recently, the victim being the thirteen-year old son of Percy Green, joiner, of Oakworth, near Keighley.

The boy complained of severe pain in the eyes. He foamed at the mouth during his illness, and the doctor expressed the opinion that his condition was due to tobacco poisoning, the result of cigarette-smoking.

* * *

Public Education in Queensland.

From the Education Report, just received from the State of Queensland we glean the following particulars:—In 1903 there was a net enrolment of 97,306 children, with an average daily attendance of 69,759. There were 1,023 schools open in the 669,520 square miles of territory; the teachers in the public schools numbered 2,378, and the total expenditure on primary education amounted to £277,060, an average cost of £3 19*s*. 5*d*. per pupil.

There are ten Grammar schools in Queensland—six for boys and four for girls. Each Grammar school is governed by a board of seven trustees appointed by the Government, and of these four are nominated by the Governor in Council and the others by a majority of the subscribers to the funds. The trustees hold office for three years, and are eligible for re-election. They are empowered to make regulations for the filling of all vacancies that may occur in their number for the unexpired portion of the term of office, for the determination of fees to be paid by the scholars, for the salaries to be paid to the teachers, and generally for the management, good government, and discipline of the school. All such regulations are subject to the approval of the Governor in Council.

Endowment at the rate of £1,000 per annum is paid by the State to each Grammar school, making a total endowment of £10,000 annually to the Grammar schools. On the 31st December, 1903, the aid granted by the State from the first institution of Grammar schools reached a total of £292,629. Of that amount £19,593 represents special loans, and is being repaid by quarterly instalments of principal with interest.

PHYSICAL DETERIORATION.

REPORT OF THE INTER-DEPARTMENTAL COMMITTEE.

On the 2nd September, 1903, the Duke of Devonshire appointed the Inter-Departmental Committee "to make a preliminary inquiry into the allegations concerning the deterioration of certain classes of the population as shown by the large percentage of rejections for physical causes of recruits for the Army and by other evidence, especially the report of the Royal Commission on Physical Training (Scotland), and to consider in what manner the medical profession can best be consulted on the subject with a view to the appointment of a Royal Commission, and the terms of reference to such a Commission, if appointed," and in less than a year the results of their investigation have been made known in a blue book published on July 28 last. The Committee was under the chairmanship of Mr. Almeric Fitzroy, Clerk of the Council, and comprised Colonel G. M. Fox, Inspector of Physical Training under the Board of Education; Mr. J. G. Legge, Inspector of Reformatory and Industrial Schools; Mr. H. M. Lindsell, C.B., Principal Assistant-Secretary to the Board of Education; Colonel G. T. Onslow, C.B., Inspector of Marine Recruiting; Mr. John Struthers, C.B., Assistant-Secretary to the Scotch Education Department; and Dr. J. F. W. Tatham, F.R.C.P., of the General Register Office; with Mr. Ernest H. Pooley, barrister-at-law, secretary.

The original terms of reference were subsequently explained and enlarged, and the Committee was directed—"(1) to determine, with the aid of such counsel as the medical profession are able to give, the steps that should be taken to furnish the Government and the nation at large with periodical *data* for an accurate comparative estimate of the health and physique of the people; (2) to indicate generally the cause of such physical deterioration as does exist in certain classes; and (3) to point out the means by which it can be most effectually diminished." In pursuit of these objects the Committee sat on 26 days for the purpose of hearing evidence, and they examined 68 witnesses, from England, Scotland, and Ireland. Their report, which occupies 93 folio pages, and is followed by appendices covering 43 pages, is divided into three parts, the first consisting of "an examination into the evidence deducible from the War Office figures and a statement of the steps required to obtain reliable *data* for determining questions of national physique, the second and largest part dealing with the causes and indications of degeneracy in certain classes of the community and the means by which it may be arrested, and the third part containing a summary of the principal recommendations which the Committee desire to make."

With regard to the first of these questions, the Committee state they were unable to discover any trustworthy evidence of the general or extensive physical degeneration which by some has been supposed to exist. They point out that the evidence adduced in the Director-General's memorandum was inadequate to prove that physical deterioration had affected the classes referred to; that no sufficient material (statistical or other) is at present available to warrant any definite conclusions on the question of the physique of the people by comparison with *data* obtained in past times; and that a partial investigation, as for instance into the condition of the classes from which recruits are at present mostly drawn, might be very misleading. After giving some account of the scanty materials for judgment which now exist, the

report proceeds to recommend the adoption, in principal if not in every detail, of a comprehensive system of regular weighing and measuring of school and factory children which was brought before the Committee by Professor Cunningham, and also the systematic utilization of the reports of parish medical officers, which set forth all existing illness among the persons who receive medical relief under the Poor Law, and which at present do not pass beyond the individual boards of guardians to which they are presented. They propose that these measures should be placed under the supervision of an advisory council as a central authority, and they anticipate that material of very great value and importance might in a few years be expected from its labours.

Under the second heading, the Committee announces "that the impressions gathered from the great majority of the witnesses examined do not support the belief that there is any general progressive physical deterioration," and they then enter into some detail with regard to the great improvements in public sanitation by which the probability of such deterioration has been diminished, although they are constrained to admit that in large classes of the community there has not been developed a desire for improvement commensurate with the opportunities offered to them. Laziness, want of thrift, ignorance of household management, and particularly of the choice and preparation of food, filth, indifference to parental obligations, drunkenness, largely infect adults of both sexes, and press with terrible severity upon their children. The very growth of the family resources, upon which statisticians congratulate themselves, accompanied, as it frequently is, by great unwisdom in their application to raising the standard of comfort, is often productive of the most disastrous consequences. "The people perish for lack of knowledge," or, as it is elsewhere put, "lunacy increases with the rise of wages and the greater spending power of the operative class; while a falling wage-rate is associated with a decrease of drunkenness, crime, and lunacy." Local authorities, moreover, especially in the rural districts, are often reluctant to use their powers, and in these circumstances progress, unless stimulated by a healthy public conscience in matters of hygiene, is slower than might be wished.

These matters are discussed extensively and a number of suggestions are made for bringing these evils under control by legislative action or by voluntary benevolent effort, as well as by improvements in school organisation and teaching. In fact, this part of the report is a complete recognition of the supreme importance of health, and of the absolute necessity of taking active legislative, educational, and social means for its preservation and improvement, and for the removal of all circumstances by which it is imperilled.

The third portion of the report contains a summary of the fifty-three recommendations of the Committee. These it is not necessary for us to reproduce in full, but only those which concern more directly the question of physical education:—

(18) Education in Rural Schools.

With a view to combating the evils resulting from the constant influx from country to town, the Committee recommend that every effort should be made by those charged with the conduct and control of rural schools to open the minds of the children to the resources and opportunities of rural existence.

(34) Elementary Schools in Ireland.

It appears that the elementary school system prevailing in Ireland urgently requires amendment in regard to warming of schools and hygienic conditions generally.

(35) School Attendance in Rural Districts.

The Committee think that school attendance in rural districts should not be compulsory till the age of six or possibly seven, and should be discouraged, if not absolutely prohibited, under five.

(36) Games and Exercises for School Children.

It is desirable that more attention should be given, with the assistance where possible

of voluntary agencies, to organising games for school children, and for that purpose much greater use should be made both of school and public playgrounds than at present. But the Committee are of opinion that no scheme of games alone can ever be made general enough to supply the place of methodical physical training, and they hope that the course of physical exercises referred to in paragraph 308 will find general acceptance with Local Authorities. While they consider that such exercises should, when possible, be taken in the open air, they would urge upon Local Authorities the expediency of providing playsheds or rooms other than the ordinary classrooms in which the exercises may be conducted regularly without interruption from the weather.

GEORG LURICH.
The Great Russian Wrestler.

(37) Cookery, Hygiene, and Domestic Economy.

Instructions in these matters should, as far as possible, be made compulsory on the elder girls at school, and care should be taken that it is placed in the hands of properly qualified teachers, to which end it is expedient that some State aid should be given under proper conditions to schools of cookery at which teachers are trained, and that hygiene in its various branches should be made an essential element in the course of training for all teachers.

(38) Partial Exemption from School.

It should be considered whether the present law might not be modified so as to make it possible for a child under fourteen years of age to obtain partial exemption from the obligation to attend school, on no other condition than that of continuing to attend school up to a later age for certain specified periods and for special subjects of instruction.

(39) Special Schools for "Retarded" Children.

The Committee think that special schools of the Day Industrial School type might with advantage be established for the temporary treatment of children who are not up to normal school standard and are yet not so defective as to warrant treatment as "mentally deficient."

(41) Medical Inspection of School Children.

The Committee are emphatic in recommending that a systematised medical in-

spection of children at school should be imposed as a public duty on every school authority, and they agree with the Royal Commission on Physical Training (Scotland) that a contribution towards the cost should be made out of the Parliamentary Vote. With the assistance of teachers properly trained in the various branches of hygiene, the system could be so far based on their observations and records that no large and expensive medical staff would be necessary. The lines on which the inspection should be conducted are laid down in paragraphs 323-326 of the Report.

(42) Feeding of Elementary School Children.

The Committee recommend that definite provision should be made by the various Local Authorities for dealing with the question of underfed children in accordance with the methods indicated in paragraphs 358-365 of the Report. The Committee, it it will be seen, do not contemplate any one uniform method of procedure, but think that regard should be had to the varying circumstances of different localities. They also suggest safeguards against economic abuse.

(43) Physical Exercise for Growing Girls.

If physical exercise of a recreative character were included in the curriculum in the obligatory evening continuation classes for girls, the establishment of which has already been recommended, it would be likely to add greatly to the value and ultimately, it may be, to the popularity of such classes.

(45) Open Spaces and Gymnastic Apparatus.

It should be the duty of Local Authorities to provide and maintain open spaces in some proportion to the density of the population, and such spaces, or some of them, should include shelters fitted with gymnastic apparatus. Every effort should also be made to put such apparatus to the best possible use by placing it in charge of a competent instructor.

(46) Clubs and Cadet Corps.

Having regard to the enormous value to the physique of growing lads of these institutions, and to the possible saving of expenditure in other directions resulting therefrom, the Committee are of opinion that some grant should be made from the National Exchequer in aid of all clubs and cadet corps in which physical or quasi-military training, on an approved scheme, is conducted, subject to public inspection.

(47) Physical Exercises for Growing Boys.

Lads should be made to attend evening continuation classes, in which drill and physical exercises should take a prominent place; and, with a view to the encouragement of clubs and cadet corps, exemption from the obligation might be granted to all enrolled and efficient members of such organisations as submitted to inspection and conformed to the regulations qualifying them for public aid.

(48) Organisation of Existing Institutions for the Welfare of Lads and Girls.

In order to organise existing efforts on a comprehensive and effective basis, the Committee would like to see a central body, in touch with municipal activity, established in every large town, and charged with the duty of supervising and directing voluntary agencies with a view to bringing them up to a minimum standard of efficiency.

(49) Juvenile Smoking.

The Committee recommend that a Bill should be brought before Parliament at an early date, having for its object (1) to prohibit the sale of tobacco and cigarettes to children below a certain age; (2) to prohibit the sale of tobacco and cigarettes in sweet shops and other shops frequented by children.

(52) Teeth, Eyes, and Ears.

The Committee are of opinion that the care of the teeth should receive special attention in the teaching of the elements of hygiene in schools, that daily cleansing of the teeth should be enforced by both parents and teachers, and that systematic inspection of the teeth, eyes, and ears of school children should be undertaken as part of that general medical inspection which has already been recommended.

In conclusion the Committee hope that the facts and opinions they have collected will have some effect in allaying the apprehensions of those who, as it appears on insufficient grounds, have made up their minds that progressive deterioration is to be found among the people generally. At any rate the Committee believe that their labours will result in giving matter for reflection to those who realize the importance of evidence towards the determination of issues of such uncertainty and complexity, and that these persons, who they would fain hope are the larger portion of the thinking community, will await the necessary steps being taken to secure that body well-sifted and accurate information, without which it is impossible to arrive at any conclusion of value as to the general problem.

It may be argued that there is here no immediate remedy, and that years must elapse before the lack of knowledge is supplied; but in regard to those evils the existence of which is admitted, the Committee have recognised what can be done in the interval, and are confident that if their recommendations are adopted a considerable distance will have been traversed towards an amendment of the conditions they have described.

In the carrying out of their recommendations for the rectification of acknowledged evils, the Committee do not rely upon any large measure of legislative assistance; the law may with advantage be altered and elaborated in certain respects, but the pathway to improvement lies in another direction. Complacent optimism and administrative indifference must be attacked and overcome, and a large-hearted sentiment of public interest take the place of timorous counsels and sectional prejudice.

The Committee cannot conclude their report without a cordial acknowledgement of the debt they owe to the zeal, diligence, and ability of their secretary, Mr. E. H. Pooley, who has been of the greatest service to them throughout the inquiry; and they also desire to recognise their obligations to the Royal College of Surgeons and Physicians for the assistance rendered by those bodies, in expressing their opinion on points submitted to them and in the selection of witnesses.

The report concludes with extensive appendices containing the facts and figures from which many of the Committee's findings are adduced.

* * *

Back to the Land

Speaking at the luncheon in connection with the Malton (Yorks) Agricultural Show, Captain Mark Sykes, the president, made some strong remarks in connection with physical degeneracy. "I expect," he, said "most of you here have read of the degeneration of the population of the towns. If you go into the slums and back streets of our great manufacturing towns, I tell you the sight is depressing and horrible to an Englishman. The population is declining in physique all round, although in the towns it is increasing in numbers. In the country, however, it is declining in numbers, but we have still in the rural districts a certain number of men on whom in the day of stress—if ever bad days for the British Empire do come—England will have to depend to uphold its prestige and position. It is the agricultural population which produces men of muscle, clean living men, sober men, and I consider it is that part of the population which will uphold England when that bad day comes. Waterloo was won by the ploughboy militiamen; Crecy and Agincourt by the yeomen of England, and it was agriculture that gave England its Empire. But to-day we are standing by ourselves. The Government — whether Liberal or Conservative—will not help us. On us depends the whole future of the British Empire, though people do not recognise it, because if once agriculture declines, if once the agricultural population is gone, you cannot put it back again, and the British Empire will be at an end."

NATIONAL LEAGUE FOR PHYSICAL EDUCATION AND IMPROVEMENT.

The following are extracts from a letter written by Sir Lauder Brunton, interim secretary of the League, to the Editor of the *British Medical Journal*:

"Sir,—In the report which the Committee on Physical Deterioration have just issued they say (paragraph 426):

"In the carrying out of their recommendations for the rectification of acknowledged evils, the Committee do not rely upon any large amount of legislative assistance; the law may with advantage be altered and elaborated in certain respects, but the pathway to improvement lies in another direction. Complacent optimism and administrative indifference must be attacked and overcome, and a large-hearted sentiment of public interest take the place of timorous counsels and sectional prejudice.

"What the Committee says is quite true: the law may do something, but it cannot do a great deal; and the right way in which the physique of the nation is to be improved is for every individual to develop a 'health conscience,' as Dr. Clouston put it in the *British Medical Journal* of July 11th, 1903, and to awake to the necessity of strenuous and continued efforts to bring the physique of *every* class and not of one or two classes only up to the proper standard. But it is as true now as it was when Æsop wrote his fable of the bundle of sticks, that individual strength is feeble compared with collective strength, and in order to obtain the strength afforded by co-operation a National League for Physical Education and Improvement is now in process of formation. I mentioned it in the *British Medical Journal* of July 18th, 1903, and on July 20th a number of men interested in the movement, amongst whom was the Editor of the *British Medical Journal*, met at the Athenæum Club and discussed the subject. A notice of this meeting and a reprint of the draft scheme which they considered appeared in the *Manchester Examiner* of July 23rd, 1903."

Then follows the draft scheme which was published in these columns last month.

"By comparing this draft scheme with the recommendations of the Committee, it will be seen that the work which the League proposes to do is very nearly that which the Committee recommends should be done. As the purposes of the League are closely connected with medicine, it has been felt that it should be strongly backed by medical men before other classes of the community are asked to join. It is to be hoped that every medical man in the Kingdom will become a member, and that the Branches of the British Medical Association may become foci from which obedience to the dictates of a 'health conscience' may spread all over the country. It has been thought advisable not to bring the League before the public until the scheme has been more thoroughly matured, but as it has been mentioned several times by the Commission in their report, it may be advisable to mention now that it is proposed to bring it before the public towards the end of the year, and to utilize the time before this is done in developing the details of the scheme and securing promises of support to the League. Already almost all the heads of medical corporations in the three Kingdoms, and many of the most distinguished men in the medical profession, have agreed to act as Vice-Presidents, whilst the Churches are represented by the Archbishop of Canterbury, the Archbishop of York and several bishops

and the Chief Rabbi; the law by the Lord Chief Justice, the Attorney-General, and some of His Majesty's judges, and science by the President of the Royal Society and the President of the British Association. One of the earliest to join was Sir Henry Craik, K.C.B., Secretary of the Education Department of Scotland. Several members of both of the House of Lords and the House of Commons have joined, and so have several masters of public schools, but regular application to these as well as to the Church, the law, and medical profession has yet to be made. When this is done there can be no doubt, judging from the success of applications already made, that the vast majority will become members of the League, and when it is fairly established it is to be hoped that every man, woman, and child in the three kingdoms will become directly or indirectly connected with it, and share the benefits it will confer."

* * *

Archdeacon Diggle on Physical Education.

Speaking at Birmingham recently, Archdeacon Diggle urged the necessity for physical education, which, he said, was extremely important for the young. In the days of Aristotle it was recognised that without physical education there could never be good mental and moral education, and in these days of physical degeneration, partly owing to our very bad habits, such as premature smoking, physical education was very necessary. He was not opposed to smoking at the proper age, and if he had no other reason than that he wanted them to enjoy their pipes when they grew old he would say: "Don't smoke cheap cigarettes when you are young." They sometimes heard it said that athletics had gone mad. He had no doubt that until they were out of their teens athletics were exceedingly wholesome, both for the individual and the community, but even in those early days they should not limit their conversation to athletics. If until eighteen or nineteen they talked about nothing but football and cricket they would find it difficult to talk about anything but brass and machinery in later life. Unless they cultivated their minds while they were young and acquired a variety of interests they would suffer for it afterwards. He did not think athletics good as a trade. He could understand old footballers or cricketers desiring to see a good game, but he did not believe it was good for the nation or the individual that young people should always be looking on and never playing the game. Many persons thought dancing an unsatisfactory occupation. He knew nothing which, however good it might be in its proper place, might not become a curse if abused. That was true of dancing. So long as it was pure and conducted under proper conditions, it could not but be wholesome and good for the community to cultivate the highest grace as well as the best expression.

* * *

Parents' National Educational Union.

The question of children's physique figured very largely in the discussions at the Eighth Annual Conference of the above, held at the Royal Arch Halls, Edinburgh. The Countess of Aberdeen, who presided, said that they all realised the immense amount of apathy in educational matters with which they had still to deal. The tendency was to dispute non-essentials while ignoring the real objects of education, and thus generations of our citizens were being allowed to grow up with their faculties and their characters undeveloped. At the same time she thought they might say they did see an improvement in this direction, and it was the part of the Union to foster the awakening of the nation to its real needs and responsibilites. At the present moment great educational changes were taking place, and great opportunities were presenting themselves, and they must see that their members were alive to these opportunities, and were prepared to take advantage of them.

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JUVENILE SMOKING.

A Bill to provide for the Prevention of Juvenile Smoking has been presented by Mr. Rigg, supported by Colonel Bain, Mr. Allen, Mr. Cathcart Wason, Dr. Macnamara, and Mr. Lambert. There are only six clauses, which are as follow :—

"Whereas the use of tobacco by persons of tender years is most injurious to such persons, and it is desirable that the same should be suppressed :

"Be it therefore enacted by the King's most Excellent Majesty, by and with the advice and consent of the Lords Spiritual and Temporal, and Commons, in this present Parliament assembled, and by the authority of the same, as follows :—

"1. This Act may be cited as the Juvenile Smoking Prevention Act, 1904.

"2. No person under the age of sixteen years shall smoke or use tobacco in any form, and any such person so doing shall be liable on conviction to a penalty not exceeding ten shillings for each offence.

"3. No person shall sell, give, or supply tobacco in any form to or for the use of any person under the age of sixteen years, and any person so doing shall be liable—

"(1) On a first conviction to a penalty not exceeding twenty shillings ;

"(2) On a second or subsequent conviction to a penalty not exceeding forty shillings ;

and in addition to the foregoing penalties the licence (if any) held by such person for the sale of tobacco shall in case of a third conviction become void, and such person shall be disqualified for a term of five years from the date of such conviction from holding any such licence, and the justice of the peace before whom such conviction is had shall, by writing under his hand, forthwith notify the voidance of such licence, and the disqualification aforesaid, of such person to the Commissioners of Inland Revenue, and the onus of proof of age shall lie on the person charged with a breach of the provisions of this Act."

The Bill was read for the first time, and will be printed, circulated, and re-introduced next year, there being, unfortunately, no prospect of any legislation on the subject this session.

Mr. Rigg's Bill for the Prevention of Juvenile Smoking is expected to meet with little or no opposition when it comes to be discussed in Parliament, and, as he points out, the greatest volume of evidence in favour of the need of legislative action against juvenile smoking comes from military sources. Highly placed authorities at the War Office have submitted that the evils of juvenile smoking constitute a grave hindrance to recruiting.

Moreover, Mr. Rigg declares that girls as well as boys are victims of the habit.

The Bill is regarded with favour by all who come into direct contact with children and youths.

"Scientists, doctors, schoolmasters, and clergymen have thrown in their lot with the opponents of juvenile smoking, so disastrous have been its results on the stamina of the race," said the Rev. Carey Bonner to a representative of the *Daily Express*.

"Juvenile smoking," continued Mr. Bonner, who is secretary of the Sunday School Union, of which the Anti-Cigarette League is an offshoot, "was mentioned by the recent Committee as one of the direct causes of physical deterioration.

"This Bill, which will have the support of many who are themselves smokers, is the result."

Legislation on the lines suggested by Mr. Rigg, M.P., is not new even within the United Kingdom. Two years ago the Manx Parliament legislated on the subject.

At the present time a strong agitation against juvenile smoking is being conducted

in Canada, and a measure prohibiting it has passed the second reading in the Canadian Legislature.

Laws have been passed against juvenile smoking in nearly all the States of the American Union, where the age limit ranges from fifteen to eighteen.

In South Australia boys under the age of eighteen who smoke render themselves liable to a month's imprisonment or a fine of £5, and one-half of the penalty imposed goes to the informer.

* * *

St. Louis Exhibition.

We have all heard much of this great International Exhibition, which so narrowly escaped destruction from a tornado recently, and, therefore, we have with much pleasure received from the enterprising manufacturers of the famous "Swan" Fountain Pens, a well-printed booklet of fifteen photographic views of the various handsome structures. Each building is concisely described and cost stated. Messrs. Mabie, Todd, and Bard intimate that they will gladly send a copy free to all readers mentioning this paper who apply by postcard to any of their establishments:—93, Cheapside, London; 95, Regent Street, London, W.; 3, Exchange Street, Manchester.

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English and Japanese Training.

Baron Suyematsu, son-in-law of Marquis Ito, Prime Minister of Japan, distributed the prizes to the boys of the Abbey School, Beckenham, on Saturday. He said he was glad to be present, and to see one phase in the school life of a great nation like the English. He had admired the way in which the boys had run in the sports, but he must tell them that athletic sports were not the objects of life. They were for rendering them robust and manly, but were only aids in the making of wise and good men.

In Japan, said the Baron, boys and girls were not only taught various branches of learning, not only was their educational and physical development looked after, but they were given moral instruction. Japan was engaged in a great war, and not only were the soldiers and sailors doing their duty, but all the citizens were doing their part. They were trying to prove themselves the friends of England, and to deserve the friendship of England. In the course of further remarks, he told the lads that they could be as worthy sons of a great country in becoming scholars, thinkers, writers, and commercial men as in becoming soldiers, and could all help in the advancement and prosperity of their country.

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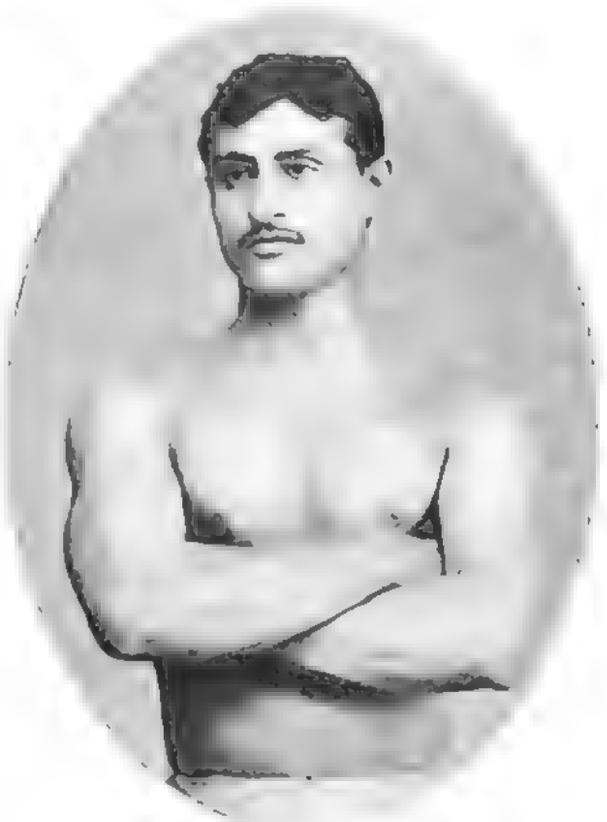


MAMEKSHAH FARDUNJI MULLA.

Bombay.
July 21st, 1904.

Dear Mr. Sandow,—

I feel it a pleasure writing these lines to you about myself.

I send you a photo for publication in your valuable Magazine, of which I have been an interested reader for the last two years.

When I was young I saw my brothers exercising with your apparatus. I became

anxious to do the same thing, and sometimes in their absence I used their apparatus without knowing at that time that any advantage was arising therefrom. I was playing cricket at that time. Now, when I went to play cricket on those occasional days—that is, the days when I exercised—I found myself more steady and less exhausted. I therefore found that it must be due to systematic exercise and to nothing else, because I heard from my friends also the advantages of exercising with your apparatus. I then began to know the advantages for the first time, and commenced exercising, but not regularly.

But from the time since I began reading your famous Magazine I became very fond of exercise, and I have continued very regularly for the last year with every zeal possible and with the utmost success, as will be clearly seen from my photo.

My measurements, &c., are now:—

Age	21 years.
Height	5 ft. 9½ ins.
Neck	15¾ ins.
Chest (normal ...	36½ ,,
,, (expanded) ...	39 ,,
Arm	14 ,,
Forearm	13 ,,
Wrist	7½ ,,
Waist	31 ,,
Hip	37 ,,
Thigh	23 ,,
Knee	14¾ ,,
Calf	15¼ ,,
Ankle	10 ,,
Weight	11 st. 4 lbs.

Yours, &c.,

MAMEKSHAH FARDUNJI MULLA.

* * *

Opinions of the Press.

The Inter-Departmental Committee's report has been extensively criticised by the Press throughout the length and breadth of the land, and a few extracts of the various opinions provide interesting reading.

The *British Medical Journal* has a most interesting criticism on the work of the Committee, which is well worth reproducing at considerable length. It says:—

"There is no doubt that in coming to the decision that there is no general progressive deterioration, the Committee has had to base its conclusions upon more or less fragmentary evidence. It admits the absence of trustworthy data for the purpose of comparing present and past conditions, and relies upon such evidence as the diminished death-rate, diminution of tuberculosis and other diseases, as well as definite improvement in sanitation.

"The statement of the Committee to the effect that the alleged unfitness of recruits is accounted for by the fact that the calling of a soldier has ceased to attract the class of men who formerly enlisted, makes it all the more imperative that the moral and physical condition of the class from which the army of the empire is now drawn should be improved.

"As has been over and over again set forth in these columns, no radical improvements will be attained until the health of infants and young children is first looked to, in order that they may be in a proper healthy condition to benefit by education when their time comes to spend nine of the growing years of their lives cramped up on school benches. It is therefore with deep satisfaction that we see that the Committee has understood this point, almost universally passed by, even by the most intelligent reformers. It has, as we have before them, struck at the root of the question—a clean milk supply—to obtain which County Councils must be empowered to act in default of the local sanitary authority, and the establishment in every town of milk depôts drawing their supply direct from inspected farms.

"It may be some satisfaction to the authorities when considering the recommendations of the Physical Deterioration Committee to know that they have on their side the approval and support of the medical faculty.

"What we did not recommend, and what seems a good suggestion, is the creation of an Advisory Council, representing the departments of State. This Council would advise the Government on all legislative and administrative points concerning public health in

which State interference might be advisable, of which an interesting account is given in the report, and it is suggested that the Advisory Council be modelled to some extent upon that body. This organization would be of great assistance, 'especially to the Local Government Board, and would be calculated to supply the knowledge and stimulus which are necessary in order to give to the public health side of the Board's administration a prominence which the multiplicity of its other functions may have tended to obscure, and to attract to its work that measure of public interest and support which has perhaps been lacking hitherto. It is recommended that the Advisory Council should include members nominated by the medical corporations and others, and among these others should be some ladies who have shown themselves capable of taking a broad view of the question, for, if the reforms suggested are to be carried into effect, it must be with the co-operation and largely by the work of women. The duties of the Council would include the reception and application of the information derived from the Bureau of the Anthropometric Survey, 'with the whole weight of Government authority and scientific prestige behind them.'

"Anything tending to give uniformity to the sanitary administration of the country would be a move in the right direction, if, as the Committee remark, 'the best resources of the State in matters of public health are placed at the service of the humblest administrative unit.' We sincerely hope that the suggestions for reform made by this Committee will not be allowed to rest in the pigeon-holes of the Privy Council Office, but that that august body will be zealous in seeing that they are carried out. Since the Committee was appointed by the Government to meet a national demand the nation must insist that the Government shall carry out the recommendations."

The Times draws attention to that part of the report dealing with the urbanization of the people and quotes to some considerable length the deductions made from the figures of the last census, but the column of statistics contains but little of a commentatory character.

The Saturday Review expresses satisfaction that from the report of the Departmental Committee there is no proof of national physical deterioration. But, continues our contemporary, so far as reformers are concerned it is a minor point whether, for example, the sailors under Lord St. Vincent who made insufficient feeding an excuse for mutiny were finer men or smaller than the sailors of to-day. It is enough that we have abundant evidence, to which this latest report adds much weighty authority, that our urban citizens could be made finer men and women than they are if they were properly nourished in their childhood. There may be doubts about minor points—the Committee is hard on tea and finds the case against juvenile smoking proved—but it is established that the condition of crowded life in the towns, alcoholism and bad feeding are three causes ruining the physique of great classes of the community; and it would be a calamity if satisfaction in the fact that we are not worthy to be called a "progenies vitiosior" makes anyone abate his energy in bettering the conditions of the class which may be called the great undeveloped.

The Irish Times, in a most interesting leader, goes fully into the report, and points out that the question whether the national physique had suffered by the rapid change which had taken place in the conditions of life would probably never have formed the subject of an official investigation were it not for the fact that in recent years there has been an unusually large percentage of rejections amongst army recruits. This, of course, was quite sufficient to bring the question to a head, but it did not by any means tend towards a solution, for as one of the witnesses—the Director-General of the Army Medical Service—said "the condition of those rejected is only representative of the state of the wastrels of large towns who live by casual labour."

The County Council Times considers that the facts and opinions the Committee have collected, while allaying apprehensions as to the existence of progressive physical deterioration, will doubtless serve their further and greater purpose of awakening a wider public opinion as to the vast importance of more active steps being taken—legislative, administrative, and educational—for the removal of those circumstances that militate against the preservation of health.

The Guardian deals at some length with the report and concludes with the remark that a report so careful and so drastic as this, neither the country nor the Government can afford to ignore. The same issue also contains an article on the subject by E.A.B., headed "Why the Children Suffer" and dealing with that part of the report which touches upon food, drink, parental ignorance and neglect, and factory work. The article concludes with the following excellent remarks:—

"It will be seen that there is in the report no lack of subject-matter for meditation and for action. The most encouraging fact about it is that every woman has it in her power to put some of the recommendations of the Committee into instant practice. Some of them might well be laid to heart by women of all classes, and those of us who are too enlightened to need advice for ourselves may well become health missioners in our private capacity, insisting on the value of child-life, and never allowing ourselves to lose sight of the truth that there is no work for women of such importance and dignity, or of such benefit to the community, as the training of good citizens for the next generation. And we may well ask whether girls of the wealthier classes should not, as well as the poor, be instructed during their most impressionable years in the laws of health, in domestic economy, and in the management of children—things that, let our opinions about women's work be what they may, we all, at the bottom of our hearts, hope that the girls we love best will one day need to know."

The *Christian Globe* says:—

The report is a document which deserves—and will, doubtless, receive—the close study of all who are interested in the future of the race. What avails our mighty Empire, with its branches stretching away to the uttermost ends of the earth, if its heart is diseased? The main conclusion of the Committee is that the great twin curse of the race is overcrowding combined with alcoholism. This has been pointed out by careful observers long ago; but it is well to have the case frankly stated by a Committee appointed by Government. Our modern industrial system has resulted in a constant drain upon the rural districts in order to feed the cities and large towns. This has gone on until at last the supply has begun to fail. The rural districts are becoming depopulated, and the workers in the towns are deteriorating in physique. * * * After all, why should not the making of criminals, weaklings, and degenerates be considered as sinful as the making of bad money? * * * It is a remarkable fact that 80 to 85 per cent. of children are born physically healthy whatever the conditions of their mothers may have been, showing that the tendency of nature is to give all a fair start. But bad feeding and the bad conditions of life soon handicap the children of the poor. The difference between the average height of boys at a public school and boys at an industrial school is nearly five inches in favour of the former. This is mainly due to bad and improper feeding. When will a British Government find time to devote itself to this great question of improving the conditions of life of the people?

Country Life anticipated the issuing of exactly such a report. It says:

"The Committee declare that 'the impressions gathered from the great majority of witnesses examined do not support the belief that there is any general progressive physical degeneration.' On the contrary, the evidence tells in the other way. Improved sanitary regulations, better food, better clothes, better housing have had their natural results, of

which Lord Blythswood, as we showed in a recent number, cited an excellent example in Glasgow. Even the large percentages of rejections of Army recruits tell us nothing, since to draw any true inference from them it would be requisite to show first that the Army is to-day fed from the same source as that it drew its supplies from before. The diminished death rate in our large towns tells a different tale.

"But if the Committee are not as pessimistic as some people expect, on the other hand, they fearlessly point out many evils that might with advantage to the community be amended. * * * Evils of drunkenness, filth, bad cookery, and other agents of physical deterioration are still too strong, and ought to be combated more vigorously than is the case; and if they are, as a result of the research, we shall have reason to be thankful that the Committee was appointed."

The Hospital considers the report "is eminently creditable to the good sense of its authors, and practically embodies the conclusions at which persons fairly conversant with the general conditions of our population had in most cases arrived. * * * There can, we think, be very little doubt that the systematic inquiry recommended by the Committee would soon attach physical deficiency to two sets of easily recognisable circumstances. It would be found in *families* in which the parents, either from poverty, from ignorance, or from neglect, exposed their children to the continued operation of unfavourable conditions: and it would be found in *districts* in which the local authorities were remiss in the discharge of their duties concerning local sanitation."

* * *

Mr. Allan Bromen, the chief examiner of physical development to the London School Board, has been interviewed with regard to the report of the Physical Training Committee, and he is enthusiastic in his appreciation of its conclusions. He considers that it is the best thing which has thus far been done for the physical education of this country and better in its way than the report of the similar Commission in Scotland. For one thing, he says, it gives detailed sets of exercises which are extremely valuable; and, for another, it comprises a sort of handbook for the teachers. But the authorities must not sit still and think they have said the final word. After all, the report, dealing as it does with the elementary schools, is simply the A B C of the subject, and sets forth the unavoidable minimum. It is really the outcome of work and argument which have extended over the past twenty years, and this present result has been obtained in spite of a deal of resistance on the part of so-called physical trainers.

Mr. Bromen applauds the recommendation by the Committee of the appointment of teachers who have had a clinical training, so that they may perceive where there is need in a particular case for sending a child to the doctor. In Sweden, he points out, they work differently, for the doctor is consulted first, and he sends the child to the trainer with directions to have certain defects and ailments remedied, such as deficient breathing, and so on. In London, on the other hand, things are still very backward, especially as regards boys.

Mr. Bromen suggests the raising up of a corps of scientifically equipped gymnastic instructors as inspectors, one for each district, and each should answer for the degree of proficiency attained by the elementary schools under his jurisdiction. This is much more necessary for the boys' than it is for the girls' schools; and it is equally true that the ladies who have been encouraged to devote themselves to physical education are superior, as a rule, in social standing and professional training to their comrades of the other sex. But once the movement was properly set going, and the right men perceived that there was a new vocation opening up for them, there would soon be all the candidates required, and those candidates would be of the proper calibre and aptitude for the work.

SPORTING SPECIALITIES.

In these columns we propose introducing to our readers the latest developments and innovations in the way of sporting implements, etc., particulars of which we shall always be pleased to receive.

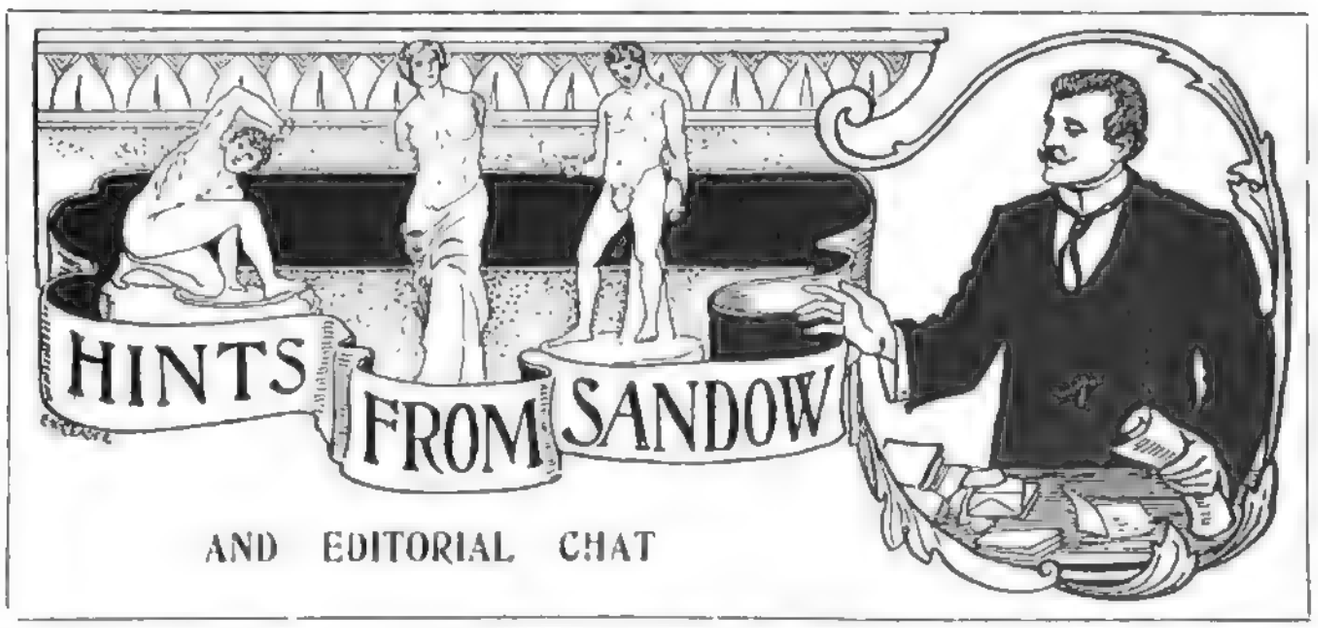
At this season of the year, lovers of outdoor sports are already beginning to think about oiling their cricket bats preparatory to putting them away for the winter months, and bringing out their hockey and football paraphernalia, although, of course, there is still hope of a few more sunny days before we "close down" upon the national game. Indeed, it now a *sine qua non* that the earlier part of the football season savours more of summer than that which ushers in the great game of cricket. Just now all the athletic outfitters are displaying to their best advantage the goods which for the next few months they hope to see most in demand, and the great emporium in Holborn is proving a big attraction to lovers of football. Messrs. Gamage have some very fine goods on show in all departments, and many are the new departures to be found, all of them tending to an improvement in the implements of the game. They have a fine collection of footballs to select from, amongst the best being their new patent "Champion" football, which is somewhat unique in construction. The sections, instead of being cut in the usual way, are small, and being put together in reverse ways of the leather, it is an impossibility for it to get out of shape. The leather used is of the finest, and is well hammered and stretched before being made up, so that the price—half-a-guinea—is exceedingly cheap. They are again making a feature of the Gamage "Referee" Match Ball, which is made at the same price, and has long stood the test.

* * *

Now that we have to look indoor for much of our recreation, the gymnasium will, no doubt, find favour with many, and as a means of recreation it has few equals, for one can get so much variety in a small space. Boxing, fencing, singlestick, Indian clubs, can all be practised in a limited space and provide endless variety for the lover of exercise. Indian clubs would appear to be largely in favour at present and no finer exercise could be desired. Last winter we published some very excellent hints on club-swinging by an amateur ex-champion, which will be found most useful to any who anticipate taking it up. You can obtain these back numbers by applying at the Editorial Offices, 131, Temple Chambers, E.C. Boxing and wrestling will also, no doubt, enter largely into the programme, and we should be pleased to refer any of our readers to the hints written by experts which have appeared from time to time in the magazine.

* * *

With most of us the cycle, like the cricket bat, will soon have sought its winter quarters, whilst some will have adopted the perhaps more sensible expedient of disposing of their old mount with a view to securing a new one next season. To these latter we cannot do better than recommend them to communicate with the Mead Cycle Co., Dept. 173A, Paradise Street, Liverpool, and Charing Cross Road, London, asking them to forward particulars regarding their high-grade machines which, from practical experience, we can safely say are the best anyone could wish for. Their terms are most moderate and the workmanship excellent.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page xi of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

H. A. Capon.—It is at times quite unavoidable, but in each instance you mention it was done by a deputy during my absence. You know the old saying: "You can never have too much of a good thing."

Wrestler, Glasgow.—Excessive cigarette smoking is one of the worst evils of the present day, and has, no doubt, affected your heart considerably. I advise you to drop smoking altogether for about six months. Exercise with dumb-bells and developer daily with cold bath once a day and there is no doubt you will soon return to your former health.

Sandowite, Bombay.—To reply to your fifteen questions in full would occupy far more space than is at my disposal. You will, however, find much of the information you require in my Anthropometrical Chart, and for the remainder you might refer to my new book "Body Building," or the revised edition of "Strength, and How to Obtain It."

"*Four Years Reader.*"—Your measurements are quite symmetrical but their size may be improved upon as follows: chest, forearm, and thigh.

W. Lock, Southampton.—It depends largely upon your age and occupation whether your complaint can be erradicated. If you are still young, say up to nineteen years of age, systematic exercise, under supervision for preference, would undoubtedly bring about the desired result. In continuing your exercises pay particular attention to those for the chest.

W. Beller, Derby.—I thank you for your letter, and am pleased to know that there is a decided improvement in your case. You should certainly put on weight, and for that purpose would advise that you continue your present method of exercise and feeding. Continue the whole meal bread and Plasmon.

A. W. F. M., Invercargill.—If in your case the discomfiture is brought about, as it sometimes is, by poor circulation, exercise will undoubtedly bring about an improvement. Thanks for good wishes.

Ossian, Camberwell.—(1) Yes, but it must not be too tight. (2) Yes, but in moderation. (3) Yes, at any time when exercise is being taken, particularly rowing, cycling, or swimming.

Johannesburg.—Gymnastics, as generally understood and practised, will develop the body only locally. You need a systematic and scientific form of exercise in addition. I advise you to practise my system with dumb-bells and developer for thirty minutes daily. Your measurements are fair, but as you are yet very young there is ample time for development.

Emerald Isle, Dublin.—(1) Yes. (2) Bar-bell. (3) It is optional; competitors bring their own weights. (4) Three or four days a week light dumb-bell exercise and two days weight-lifting is ample.

J. C. Abbotts, Macclesfield.—I recommend you light, gentle exercise with dumb-bells and developer, real good plain living, taking Plasmon in powder form with your food and Plasmon cocoa for breakfast.

Perspire.—There is little explanation beyond the fact that your skin is a very active one. It may be somewhat uncomfortable, but is really a blessing in disguise. Do you take a cold bath regularly after your exercise? This should help you a great deal. Your upper arms, chest, and thighs need development, but are fairly good for twelve months' work.

J. Higuerts, Jamaica.—Your best plan would be to take a course of instruction by post, full particulars of which you will find in this month's issue of the Magazine.

O. S., Cardiff.—Yes, in my opinion there is no better preparation for the purpose than Plasmon.

R.C.N., West Dulwich.—Yes. Are not quite sure of date, but it was during June.

J. Turnbull, Newcastle.—We cannot oblige, but possibly they are sufficiently known for a letter to reach them.

Harris, Burslem.—You are doing far too much for your age, particularly taking into consideration the trade you have adopted, which calls for some physical exertion. It is not at all necessary to take every movement daily, and it would do you far more good to distribute say half an hour's work daily between dumb-bell and developer exercise.

T. O'B. O., Taranaki, N.Z.—(1) It would not be possible in your case, but why not try a course of instruction by post. (2) The price of the charts is 1*s.* 6*d.* each. (3) A, B, and C can be obtained from the offices of the Magazine (*see* advertisement pages), but D is out of print, and can only be obtained by purchasing the complete volume, particulars of which you will find stated in the advertisement pages. (4) The fact of having to work to some extent indoors should not affect you, providing you exercise daily with dumb-bells and developer.

J. W., Glasgow.—You do not say what distance you ultimately cover. It may be that: (1) You go too fast for the first quarter. (2) That your diet is either too rich or insufficient. (3) That your stomach is weak and does not assimilate the food correctly. You should use my dumb-bells and developer daily as part of your training, paying particular attention to abdominal and breathing exercises. This, in conjunction with a plain wholesome diet, should overcome your difficulties.

Sandow's Sports Bureau.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

The benefits accruing therefrom to the purchaser are incalculable, for without any charge whatever, he will secure the assistance of one of the best men in every branch of athletics, in the selection of the articles desired.

Be it a bat, football, racquet, cycle, rifle, or anything else that may be required, all that the reader has to do is to write to the

Expert Department,
Sandow's Magazine,
131, Temple Chambers,
E.C.,

stating the nature of the goods wanted. The Expert will at once (by return post if possible), forward a quotation for the best article of its kind. On return of the quotation slip with the amount stated, the goods will be specially selected by the Expert, and forwarded. It will be definitely stated on the quotation sheet whether the price includes carriage or not.

This is not an offer to the general public, but only to readers of SANDOW'S MAGAZINE.

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To the Expert Department, Sandow's Magazine,
131, Temple Chambers, E.C.

Please give your advice and particulars as to price, etc., of articles mentioned below.

Name .....

Address .....

Requirements :—

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CHIEF SPORTING FIXTURES
FOR SEPTEMBER.

*** *The figures in parentheses in this Index denote the number of days' racing at each Meeting.*

RACING.

1—Cork (1).
1—Derby (1).
3—Plymouth, Devonport, and Stonehouse (1).
2—Kempton Park (1).
2—Cologne (1).
3—Sandown Park September (1).
4—Paris (1).
4—Cologne (2)
5—Mulhingar (1).
5—Colwall Park (1).
6—Newcastle West (1).
6—Doncaster (4).
7—Tralee (2).
10—Phœnix Park (1).
10—Alexandra Park (1).
11—Paris (1).
12—Warwick (2).
13—Totnes and Bridgetown (2).
13—Curragh (3).
14—Yarmouth (2).
14—Western Meeting (Ayr) (3).
16—Windsor (2).
18—Paris (1)
19—Birmingham (1).
19—Dunbar (1).
20—Lingfield (1).
20—Ennis (2).
21—Leicester (1).
22—Pontefract Autumn (2).
22—Folkestone (1).
22—Keele Park (1).
22—Carnew (1)
23—Manchester September (2)
25—Paris (1).
26—Hamilton Park (1).
26—Wye (1).
26—Maisons-Laffitte (1).
27—Shirley Hunt (1).
27—Metropolitan (Baldoyle) (2).
27—Newmarket First October Meeting (4).
27—Royal Caledonian Hunt and Lanark (2).
28—Maisons-Laffitte (1).
29—Clonmel (1).
29—Edinburgh (2).
30—Maisons Laffitte (1).

CRICKET.

1—Oval, Surrey *v.* Kent
1—Bournemouth, Gentlemen of the South *v.* Players of the South (Bournemouth Festival).
1—Scarborough, Yorkshire *v.* South Africans (Scarborough Festival).
1—Lord's, W. H. Slatter's Benefit (three days).
5—Oval, Surrey *v.* Leicestershire.
5—Scarborough, Mr. P. F. Warner's XI. *v.* Mr. C. I. Thornton's XI (Scarborough Festival).
5—Hastings, South of England *v.* South Africans (Hastings Festival).
8—Hastings, North *v.* South (Hastings Festival).
12—Oval, Champion County *v.* Rest of England (four days).

GOLF.

1-3—Edzel Professional Tournament.
3—West Lancashire: Autumn Meeting.
3—St. Rollox (Glasgow): Autumn Meeting.
3, 5, 6—Royal Portrush: Ladies' September Meeting—Bovagh Cup, Mixed Fours, Fours.
3-10—Lanark: 3rd, Anstruther Medals (handicap couples); 8th, Silver Claret Jug (scratch), Purdie Cup, and Gold Ball (handicaps); 10th Annual Meeting.
3-17—Worsley: 3rd, Captain's Prize (first series); 10th, Final: 17th, Ellesmere Cup.
4-25—Open Competions at Boulogne-sur-Mer.
5—Dieppe: Eighteen Holes Stroke Competition. Two Prizes.
6, &c.—Royal and Ancient: Jubilee Vase Tournament (handicap).
6-9—American Amateur Championship, Baltusrol, N.J.
7—Dieppe: Bogey Sweepstakes.
7-9—Northern Amateur Championship and Handicap Competition, Lossiemouth.
8-10—Royal Cromer: Autumn Meeting—Autumn Medals, Suffield Cup, and Battersea Cup.
10—Burntisland: Autumn Handicap Medal (stroke).
10—Championship of Perthshire, at Moncrieffe Island.
16-17—Hanger Hill: Autumn Meeting.
17—Ealing: Autumn Meeting.
17—Sundridge Park: Autumn Meeting—Captain's Cup.
22-24—Glasgow "Evening Times" Trophy, Gullane.
24—Bushey Hall: Harmsworth Challenge Bowl—Qualifying Round 18 Holes Stroke Competition, 16 to play off at match play (handicap).
24—Blairgowrie: Henry-Anderson Silver Medal (scratch), and Delvine Silver Cross (handicap).
24—West Derby: Autumn Meeting—Gold Medal and Memento.
27—Hesketh: Ladies' Autumn Meeting—Miss Kershaw's Prize.
27—Royal and Ancient: Annual Business Meeting.
28, &c.—Royal and Ancient: King William IV. Medal, the Gold Medal, and the Royal Adelaide Medal.
30 and October 1.—Bushey Hall: Professional Meeting.

ROWING.

1—Putney R.C., Double Sculls Handicap.
2—Anglian B.C., Rowell Fours.
3—Hector R.C., Light Fours.
3—Gravesend R.C., Challenge Cup Final and Pairs.
3—Teddington Reach Regatta.
3—S.A.R.A. Pairs Championship at Glasgow.
6—Hector R.C., Senior Sculls.
7—Richmond Watermen's Regatta.
10—Iris R.C., Sculling Championship (Lacey Cup)
10—Putney R.C., Fours.
10—Cobden A.R.C., Light Double Sculls.
10—Royal Canoe Club, Regatta.
10—Curlew R.C., Regatta.
10—Auriol R.C., Regatta.
10, 17, 24—Polytechnic R.C., Regatta.
13 and 14—London R.C., Lowenadler Sculls.
13—Vesta R.C., Senior Sculls, Junior Sculls (Brigge Cup).
13—Walton Skiff Club, Championship Sculls, Ladies' Doubles.
17—North London B.C., Closing Scratch Eights.
17—Anglian B.C., Hon. Members' Challenge Sculls.
17—Clyde A.R.C., Confined.
24—Royal Savoy R.C., Challenge Pairs.
24—Old Cowperians R.C., "Rogers'" Fours.
24—Hector R.C., Scratch Fours.
24—West End A.R.A., Sculling Championship.
24—London R.C., Regatta.
24—Kensington R.C., Regatta.
24—Iris R.C., Regatta.
30—Vesta R.C., Rum Tum Handicap.
30—London R.C., Senior Pairs.
30—Kensington R.C., "Beresford" Pairs.

LAWN TENNIS.

5, &c.—At Co. Ground, Hove, Sussex Championship.
5, &c.—At Ulverston, Conishead Priory.
12, &c.—At Eastbourne, South of England Championships.
19, &c.—At Llandudnow, Craigside Covered Courts.

ATHLETICS AND CYCLING.

3, 8, and 10—World's Cycling Championships, at the Crystal Palace.
16—Polytechnic Athletic and Cycling Carnival, at Paddington.
24—L.A.C. Autumn Meeting.

YACHTING.

1—Royal Plymouth Corinthian Y.C.
2—Royal South Western Y.C.
2-3—Royal Northern Y.C., Closing Matches.
3—Gravesend S.C., Club Race to Greenhithe.
3—Minima Y.C. (Plymouth Branch).

SWIMMING AND WATER POLO.

1—440 Yards Salt Water Championship, at Lowestoft.
6—Cygnus S.C., 4,000 Yards Race, at Camberwell Baths, S.E.
10—Otter S.C., Half Mile Race, at Brighton.
14—Plunging Championship, at Swindon.
15—Club Water Polo Championship, Final.
16—Southern Counties 100 Yards Championship, at Lambeth Baths, S.E.
21—150 Yards Back-Stroke Championship, at Manchester.
27—Southern Counties Water Polo Championship, final and 500 Yards Championship, at Horasey Road Baths.

FOOTBALL.

For League and other Fixtures, *see* Sporting Papers.

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SANDOW.

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CLARKE'S BLOOD MIXTURE has stood the **Test for 30 years,** and thousands of testimonials of wonderful cures have been received from all parts of the world.

It is pleasant to the taste and warranted free from anything injurious to the most delicate constitution of either sex, from infancy to old age, and the Proprietors solicit sufferers to give it a trial to test its value.

Sold by all Chemists and Stores throughout the world, price **2/9** per bottle, and in cases containing six times the quantity, price **11/-**, sufficient to effect permanent cure in the great majority of long-standing cases

BEWARE of worthless imitations and substitutes.

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